

USN FACE OF FITNESS: COULD YOU BE OUR NEXT COVER MODEL?

# fitness

START NOW FOR A...

**STRONGER  
SEXIER  
YOU!**

**29** MOVES  
THAT  
**DESTROY  
FAT FAST!**

*Baby bump  
to six pack abs*

COVER MODEL MOM  
SHARES HER SECRETS

**FULL BODY WORKOUT**

**BOSU BALL**

DEVELOP STRENGTH,  
BALANCE AND STABILITY

**GET A  
LONGER  
LASTING  
LOOK!**

More about  
permanent  
make-up

**5** MIND  
OVER  
MATTER  
**WAYS  
TO STAY  
MOTIVATED  
THIS  
WINTER**

**FIT &  
FAB  
GEAR**

**SWEAT  
IT OUT  
IN STYLE**

WANNA  
GET  
FITTER?  
**THERE'S  
AN APP  
FOR THAT!**



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*Angie Snyman*

WBFF FITNESS DIVA PRO



BEFORE

AFTER



MARYKE BIETJE  
RESULTS AFTER BODY MAKEOVER CHALLENGE

IN LEADING STORES NOW.

INDIVIDUAL RESULTS MAY VARY. ONLY EFFECTIVE AS PART OF A WEIGHT MANAGEMENT PROGRAMME WHEN COMBINED WITH A BALANCED, ENERGY-RESTRICTED EATING PLAN AND REGULAR EXERCISE.

# CUT, TONE, AND STAY LEAN.

#CHALLENGEYOURSELF FOR A LEANER BODY

GO LEAN



**THE ULTIMATE 3-STEP SOLUTION. FOR A TONED AND LEANER PHYSIQUE.**

WITH THE HELP OF USN'S 3-STEP SOLUTION, OUR EASY-TO-FOLLOW, BALANCED, ENERGY-RESTRICTED EATING PLANS, AND EXERCISE PROGRAMMES, YOU CAN LOOK YOUR BEST.



GET FIT.

GET HEALTHY.

GET HAPPY.

**YOU HAVE 100 DAYS TO REVOLUTIONISE YOUR BODY, YOUR HEALTH & YOUR HABITS. JOIN US NOW & LET US HELP YOU CHANGE YOUR LIFE!**

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- > **R20 000 prize money** for the best **Male & Female Transformations**
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wellness challenge



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**#TRAIN LIKE A PRO™**

**MY GOALS. MY JOURNEY. MY NUTRITECH.**



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ATHLETE  
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# 50

ON THE COVER  
Jenadine Havenga  
Photo by Richard Cook  
Dressed by  
www.boostgymwear.co.za







**LORETTA DE MOOR**  
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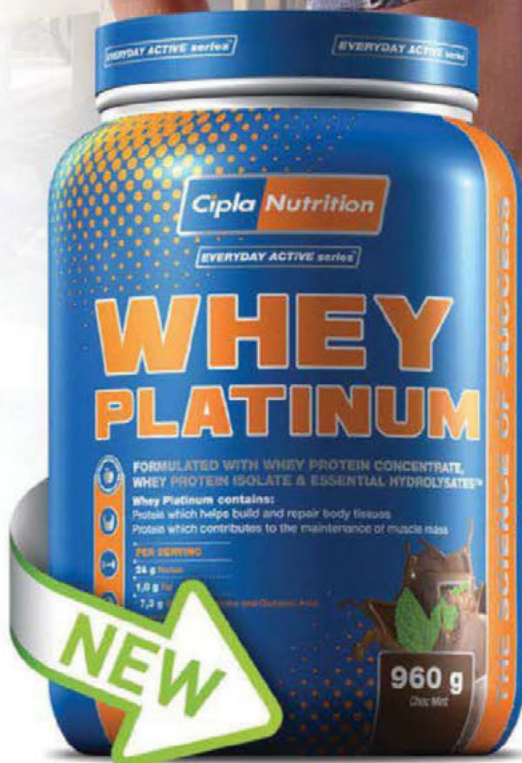
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## switch gears

**I've been travelling a lot recently which means everything about my fitness routine has had to change.** However, this offered me the opportunity to change my workouts and try a few new moves that are more suited to my current suitcase lifestyle. That basically means body weight exercises or any workout aid or device that will be light and small enough to pack into my travel bag.

When I knew that my schedule was going to be turned upside down for the best part of three months I had to investigate alternatives for my training. It brought me back to the more basic moves, but they're also the most effective ones. I've also had to embrace fitness equipment that I've previously overlooked (if you didn't already know, I'm a 'free-weight' girl, I love dumbbell or barbell complexes. Not the ideal choice for carry-on luggage) and I've finally made my peace with burpees as they

now form a staple in my morning workout routines.

With my change in approach I've broken away from my norm and have structured a circuit-style, high intensity routine that will suit any hotel or outdoor location (check my editor's blog on [www.fitnessmag.co.za](http://www.fitnessmag.co.za) for more of my workouts).

If you decide to give one of them a try and find that something like a staircase isn't readily available then sprints, rope jumps or even simple on-the-spot jump squats will suffice. Be creative, just keep the intensity high.

And this approach works because fitness, at its core, isn't exclusive. It really can be anything, done anywhere, any time, as long as the basic principles are there and the movements are fit for purpose. A little ingenuity and creativity, not to mention a change from the norm, can serve your routine well.

Tanja

## TOP PICKS IN THIS ISSUE:

### FULL BODY BOSU



#### PG 46 Bosu ball workout:

Improve balance and stability while building strength with this Bosu ball workout.



#### PG 56 Squat variations:

Create shapely leg and glute muscles, burn calories, and stimulate the release of powerful hormones that help to incinerate fat and build muscle!



#### PG 90 Positivity:

Transform your mind and your body to guarantee sustainable success.

## IN CASE YOU MISSED IT:

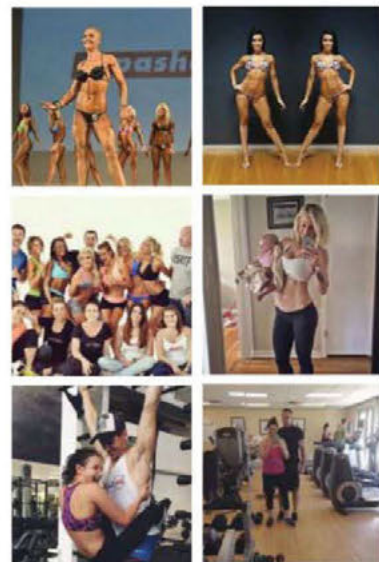
# MONTH of MOVES



**MISSED OUR MONTHS OF MOVES?** DOWNLOAD THE EBOOK FOR A FORM AND TECHNIQUE GUIDE WITH OUR FAVOURITE MOVES.



“EVERY MORNING YOU HAVE TWO CHOICES, CONTINUE TO SLEEP WITH YOUR DREAMS, OR WAKE UP AND CHASE THEM!”



Via: @megganlane @alexpiaramcg @dannifowler @monica\_vdb @missroxyamas @leebinks\_fitness Tag @fitnessmagsa or #fitnessmagselfie

## HOT PICKS

You picked these as your favourites! Check us out on Instagram for the latest fashion trends...



ENTIRES ARE OPEN FROM 1-30 SEPTEMBER. READ MORE ABOUT HOW YOU CAN LAUNCH YOUR FITNESS MODELLING CAREER. Check out page 77 for more info.







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## the TRANSPORTER™ DUFFEL



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## fitness

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# BEAT THE SLUMP



Fight fatigue, stress and energy loss.  
All day. Every day.<sup>1,2</sup>

Ref 1. Garfinkel L, Garfinkel D. Magnesium 1985;4:60-72. 2. Allion Research Notes 1997;6(1). <sup>3</sup> Slow-Mag® Tablets. Each enteric coated tablet contains magnesium chloride 535 mg (equivalent to 64 mg elemental magnesium) H24/03. Slow-Mag® Caps. Each capsule contains magnesium amino acid chelate 450 mg (equivalent to 45 mg elemental magnesium). Slow-Mag® Fizzies. Each effervescent tablet contains elemental magnesium 172 mg and Vitamin C 150 mg. For further information, refer to the package insert approved by the Medicines Regulatory Authority. Merck (Pty) Ltd. Reg. No. 1972/004059/07. 1 Friesland Drive, Longmeadow Business Estate South, Modderfontein, 1645. Tel. (011) 372-5000, Fax. (011) 372-5252. SM.04.13.007. Report adverse events to [drugsafety@merck.co.za](mailto:drugsafety@merck.co.za) or +27 11 600 2588 (fax line).

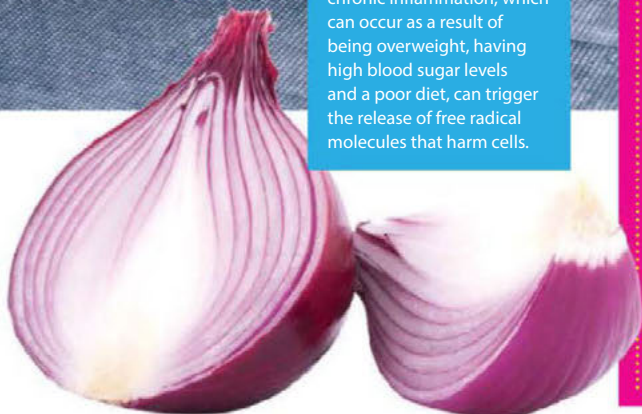




**WHEN MOVING YOUR BODY THROUGH A FULL RANGE OF MOTION, YOU BUILD STRENGTH AND INCREASE FLEXIBILITY.**

### RED ONIONS

are rich in the antioxidant quercetin, which has anti-inflammatory properties. In 2014 research at Newcastle University found that chronic inflammation, which can occur as a result of being overweight, having high blood sugar levels and a poor diet, can trigger the release of free radical molecules that harm cells.



## 5 WORKOUT SECRETS

1

Be consistent: No exercise programme works if you don't do it consistently.

2

Follow an effective exercise programme based on your goals, genetics and level of proficiency.

3

Set realistic goals.

4

Use the buddy system – you're more likely to stick with it and see results.

5

Find a routine that fits your life.

### SOLAL® IMMUFEND™

Solal®'s Immufend™ is a new range that treats the causes and symptoms of colds and flu.

Immufend™ products can be used separately or combined depending on the need. For instance, Immufend™ Immune Defence can be topped up for a few days with Immufend™ Cold & Flu if symptoms such as a runny or blocked nose develops and/or

with Immufend™ Cough & Chest for coughs and chest congestion. Use Solal®'s Immufend™ range daily, even when healthy, to help keep the immune system strong. Immune Defence capsules (R130) contain extracts that work in three ways to support immune function:

1. Activates the immune response
2. Strengthens the immune system
3. Protects and shields the immune system



### GET-FIT-COOKING?

Time to train. Do a few standing push-ups against the counter, a few static lunges, some tricep dips and a few squats while you wait for the food to cook.

### LOOK OUT FOR...

## ALOE IN A GEL

The potent mineral content of the Aloe ferox plant, which includes high levels of calcium, potassium and zinc, is captured in Simply Aloe's Regenerating Gel.

Consisting of 90% pure Aloe ferox gel, this product can assist to rejuvenate skin cells through amino acids, promote oxygenation of the blood by improving circulation, and provide relief for tired and stressed skin through its moisturising properties. Simply Aloe's Regenerating Gel is a non-greasy, easy-to-use product



formulated to harness the properties of the Aloe ferox plant's rejuvenating mineral compounds for skin repair and health. Available at leading pharmacies, health shops and Dis-Chem stores nationwide at the RRP of R89.33 (200ml) and R33.67 (50ml).

For more info visit [www.laboratoria.brunel.co.za](http://www.laboratoria.brunel.co.za).





## TAKING A TEA BREAK AT WORK?

**Why not do so on another floor?** Add 5-10 minutes of stair climbing into the mix to burn more calories and get a great cardiovascular benefit too.

# 20



MINUTES – THE TIME IT TAKES YOUR BRAIN TO REALISE THAT YOUR STOMACH IS FULL. SLOW DOWN AT DINNER TIMES AND TAKE AT LEAST 20 MINUTES TO FINISH YOUR MEAL. (WebMd)



## KIDNEY BEANS ARE A GOOD SOURCE

of potassium, magnesium and iron, which keep energy levels high, blood pressure normal and the digestive system working.



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Bioharmony Ultimate C Immune Booster delivers the optimum combination of buffered vitamin C, olive leaf extract, Echinacea and minerals to fight infection and soothe respiratory mucosa that builds up during colds, flu, sinus, and chest infections. Vitamin C supplements are known for aiding the immune system in fighting against colds and other sicknesses, but supplements are often highly acidic, making it hard for sensitive individuals to digest them comfortably. Bioharmony Ultimate C contains buffered vitamin C which is often gentler on the body and can be taken without stomach upset and provides a longer-lasting effect.

Available from Dis-Chem, Pick n Pay pharmacies and selected Pharmacies nationwide at the RRP of R97.65 (60 tablets).

## DID YOU KNOW?

Green tea can help with dandruff control. Packed with antioxidants, green tea will gently exfoliate your scalp and rid it of flakes.



## CURRY LEAVES, WHICH ARE OFTEN DISCARDED ONCE IMPARTING THEIR FLAVOUR TO A DISH, ARE ACTUALLY HEALTH-PROMOTING POWERHOUSES:

- ▶ They help keep anaemia at bay with the iron and folic acid they contain.
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## 8 CAUSES OF HIGH BLOOD PRESSURE

1. Age
2. Hereditary
3. Gender
4. Extra weight
5. Salt sensitivity
6. Alcohol consumption
7. Stress
8. Contraceptives



## ANOTHER REASON TO DRINK MORE WATER!

Researchers at Vanderbilt University Medical Center found that water raises our alertness. The scientists discovered that water increases sympathetic

nervous system (SNS) activity, which is responsible for activating our body's responses under stress, raising our blood pressure, energy use and alertness.



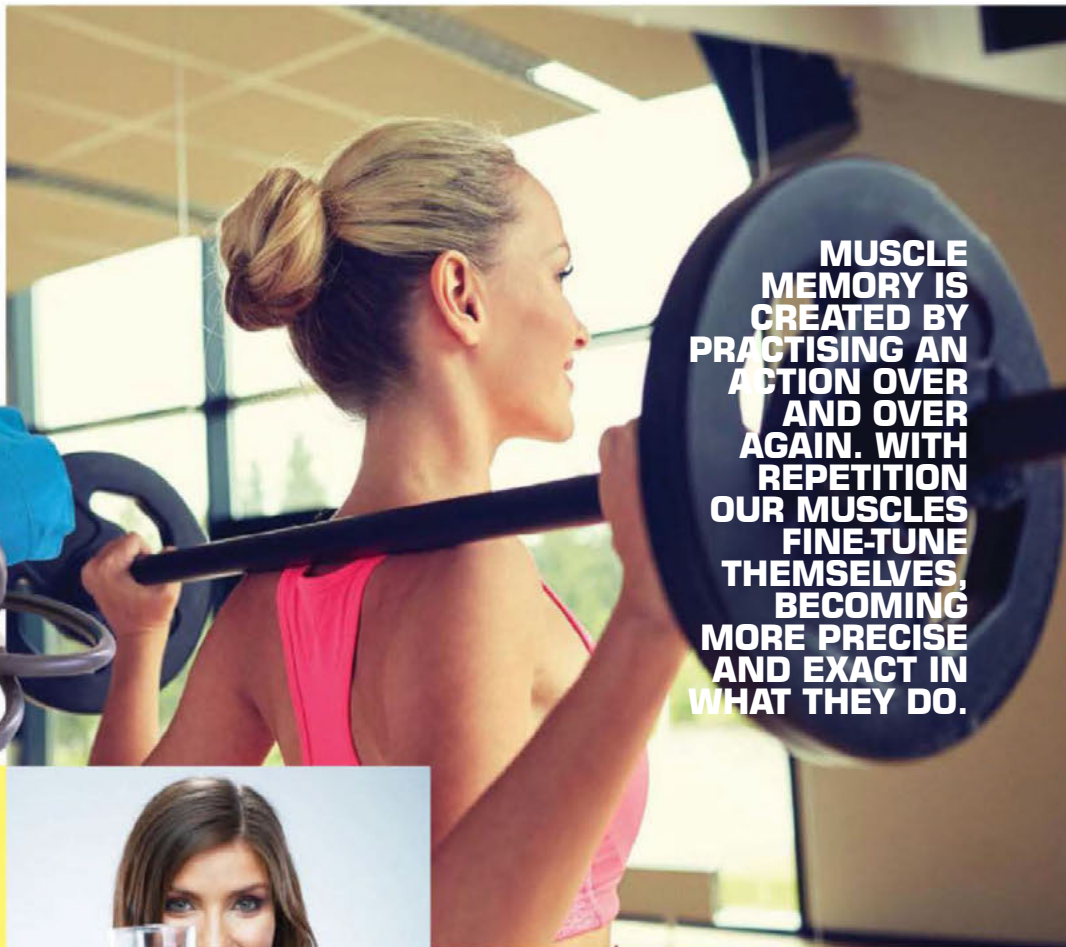
## NUTRIBULLET GROWS FROM LOCAL ROOTS

The iconic NutriBullet – a food extractor that uses a unique cyclonic blending action, powered by a 600-watt electric motor, to shred, crack, grind and break down tough seeds, stems and skins from unprocessed raw food without losing any of the nutritional value – has sold 14 million units in less than three years, and is firmly established as the fastest selling kitchen appliance in the USA.

The NutriBullet, an ingenious variation on the standard-type food blender, utilises 'upside-down' technology, with the spinning blade uncoupled from the motorised base unit. This concept was developed by a team working out of Los Angeles, California that is headed up by Cape Town-born entrepreneur Colin Sapire. Sapire was schooled in the Eastern Cape before moving back south to study at the University of Cape Town, where he completed a B.Com degree and a CTA in 1982.



**MUSCLE MEMORY IS CREATED BY PRACTISING AN ACTION OVER AND OVER AGAIN. WITH REPETITION OUR MUSCLES FINE-TUNE THEMSELVES, BECOMING MORE PRECISE AND EXACT IN WHAT THEY DO.**



## EAT IN COLOUR

Foods that are bright in colour are not only nice to look at; they're also packed with flavonoids and carotenoids, powerful compounds that bind the damaging free radicals in your body, lowering inflammation.



## 5 tips for healthier skin



1. Protect your skin from the sun.
2. Don't smoke.
3. Treat your skin gently. Avoid harsh soaps and pat (don't rub) dry.
4. Eat a healthy, balanced diet with adequate types and amounts of fats.
5. Stay well hydrated. Drink at least 3l of water a day.
6. Manage stress.

## Terrific Tomatoes

Tomatoes contain lycopene, an antioxidant linked to a lower risk of blood clots. A 2012 study of 1,000 people in the journal Neurology found that those who had high blood levels of lycopene were least likely to have a stroke. Cooked tomatoes supply more lycopene, as the heat breaks down the cell walls and improves our body's absorption of the compound.





**VITAMIN D3 IS IMPORTANT BECAUSE IT CONTROLS PHOSPHORUS, CALCIUM, BONE METABOLISM AND NEUROMUSCULAR FUNCTION. BOOST YOUR INTAKE BY:**

1. Spending more time in the sun
2. Taking cod liver oil tablets
3. Consuming more Shitake mushrooms, salmon, mackerel, sardines and sunflower seeds



### DON'T FORGET TO STRETCH!

It's good for your posture.  
Increases range of motion of joints.  
Enhances muscular coordination.  
Aids in improving blood flow.  
Improves your balance.  
Helps to lengthen tight muscles.

### DAX MARTIN DIVERSION RANGE AVAILABLE IN DBN & JHB



The Dax Martin Diversion range of active apparel is now available at a number of leading stockists in Durban and Johannesburg. Get to Bob & Weave in Hillcrest or Kloof, or STS Sport or Fit Freaks in Durban. Gauteng gym-goers can visit Diversity Fitness in Norton Home Estates in Benoni for the full Dax Martin Diversion range. *For more info go to [www.dg-apparel.net](http://www.dg-apparel.net).*

## EAT MORE PISTACHIOS. THEY:

- Help to lower blood pressure as they are rich in monounsaturated fatty acids,
- Aid in the control of blood glucose,
- Boost immunity due to the high levels of copper, magnesium, and B vitamins they contain,
- Enhance skin quality due to the vitamin E content,
- Promote healthy vision due to the antioxidants they contain,
- Improve cholesterol as they are rich in phytosterols, the plant sterols which reduce the absorption of dietary cholesterol from different foods.



### BOOST YOUR BRAIN POWER

- Don't rely on technology to solve problems.
- Get some exercise
- Be sociable.
- Play 'mind' games like scrabble.
- Get more sleep.
- Learn to play an instrument.
- Learn a new language ([mirror.co.uk](http://mirror.co.uk))



**AFRICA'S No1 FITNESS APPAREL BRAND**



**BEST FIT  
AFFORDABLE  
FASHIONABLE**

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## INDUSTRY NEWS

## NIKE FREE-RANGE EXPANDS

IN THE 11TH YEAR OF THE POPULAR NIKE FREE FRANCHISE, NIKE INTRODUCES THREE EVOLVED RUNNING STYLES: THE NIKE FREE 3.0 FLYKNIT, THE NIKE FREE 4.0 FLYKNIT AND THE NIKE FREE 5.0.

The new models take the next step toward harnessing the natural motion of a runner's feet and body – not by adding, but by honing down to the design features that give runners a more natural running experience. The collection features redesigned uppers engineered to work holistically with the shoe's natural flexibility.

Nike Free takes a research-based, body-led approach to the sole that allows the foot to sit close to the ground and move as nature intended. The hexagonal flex grooves on the outsole of all three Nike Free running shoes provide a fuller range of motion, letting the foot adapt

to the ground, while the Phylite foam offers lightweight cushioning. The Nike Free 3.0 Flyknit and the Nike Free 4.0 Flyknit have virtually seamless one-piece Nike Flyknit uppers that conform to the shape of a runner's foot and offer support at the same time. Nike Flyknit technology offer areas of stretch, support and breathability exactly where runners need it. The Nike Free 5.0 shed layers this year and now boasts a full bootie construction that delivers seamless comfort and a flexible, lightweight ride. The mesh material used on the upper and the no-sew overlays also contribute to the overall lightness and breathability of the shoe.

## THE ECOSYSTEM OFFERS RUNNERS A PROGRESSION OF THREE NATURAL RIDE OPTIONS:

**Nike Free 3.0 Flyknit:** Nike's most natural ride with a snug Flyknit upper and 4mm heel-to-toe offset.



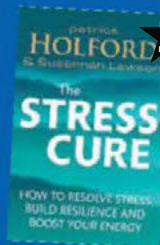
**Nike Free 4.0 Flyknit:** A cushioned, natural ride with a contoured Flyknit upper and 6mm offset.



**Nike Free 5.0:** Nike's most cushioned, natural ride with an engineered upper and 8mm offset.



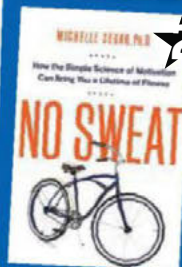
## OUR TOP FITNESS READS THIS MONTH



## 1 THE STRESS CURE: THE ANSWER TO A 21ST CENTURY PANDEMIC

By Patrick Holford and Susannah Lawson.

In this book Holford says that modern-day living and the stress that comes with it has hijacked our ancestors' fight or flight response, putting us on non-stop high alert. This chronic stress shuts down proper digestion and the repair of the cells. In *The Stress Cure* he explains that the way out of the stress trap is to address both your body, your mindset and your habits to learn to build stress resilience and to increase your energy levels to deal with challenging situations. This involves diet, nutritional supplements, exercise and lifestyle changes. The book examines why we become stressed in the first place, how the stress response is unique to each of us and why stress, particularly when combined with fatigue and bad eating habits, can create a vicious cycle that has serious implications for our long-term health.

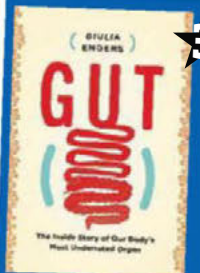


## 2 NO SWEAT: HOW THE SIMPLE SCIENCE OF MOTIVATION CAN BRING YOU A LIFETIME OF FITNESS (KINDLE EDITION)

By Michelle Segar PhD.

Do you secretly hate exercising? Struggle to stick with a programme? Millions of people try and fail to stay fit. But what if "exercising" is the real problem, not you? No Sweat translates years of research on exercise and motivation into a simple four-point programme that will empower you to break the cycle of exercise failure once and for all. You'll discover why you should forget about willpower and stop gritting your teeth through workouts you hate. Instead, you'll become motivated from the inside out and start to crave physical activity.

[www.amazon.com](http://www.amazon.com)



## 3 GUT: THE INSIDE STORY OF OUR BODY'S MOST UNDERRATED ORGAN

By Giulia Enders

With quirky charm, Giulia Enders explains the gut's magic, answering questions like: Why does acid reflux happen? What's really up with gluten and lactose intolerance? How does the gut affect obesity and mood? Enders's beguiling manifesto will make you finally listen to those butterflies in your stomach: they're trying to tell you something important.

[www.amazon.com](http://www.amazon.com)

## PUMA PARTNERS WITH WINGS FOR LIFE WORLD RUN

Puma has confirmed a multi-year partnership with the Wings for Life World Run that kicked off in May this year. This unique event enables runners to compete simultaneously around the world from 35 locations, running as far as they can before a moving finish line, called the Catcher Car, overtakes them. Puma will be the exclusive official sportswear partner for the Wings for Life World Run, providing running products to event staff and marketing

support to broaden awareness to the charitable initiative. Staff at each event will be outfitted in Puma footwear, apparel and accessories, and all participating runners will receive gift bags with Puma accessories. Red Bull founder Dietrich Mateschitz co-founded the Wings for Life Foundation, which funds scientific research to find a cure for spinal cord injuries. 100% of all starting fees and donations go directly to spinal cord research. [Find out more on wingsforlifeworldrun.com](http://findoutmoreonwingsforlifeworldrun.com).

Health & Fitness Professionals Academy

info@hfpa.co.za  
011 807 9673  
[www.hfpa.co.za](http://www.hfpa.co.za)

**Upcoming COURSES**  
**EARN CPD POINTS**

**JULY**

- Life Coaching (Inner Life Skills) (JHB)
- Personal Trainer (JHB, KZN, CPT)
- Exercise Specialist (JHB, KZN, CPT)

**AUGUST**

- Functional training specialist (JHB)
- Sports Massage (JHB, KZN)
- Kids Development (JHB)
- Sports Conditioning with SAQ (JHB, CPT)
- Studio Cycle (JHB, CPT)
- Pre and Post Natal Exercise (CPT)

**SEPTEMBER**

- Aqua Instructor (JHB, CPT)
- Group Fitness Instructor (JHB, KZN, CPT)
- Pre and Post Natal Exercise (JHB)
- Kettlebell Instructor (KZN)
- Studio Cycle (KZN)
- Kids Development (CPT)
- Reboundology Trainer (CPT)

**OCTOBER**

- Pilates ABC (JHB, CPT)
- Kettlebell Instructor (JHB)
- Yoga Muscles and Motion (JHB, CPT)
- Kids Development (Durban)
- Sports Conditioning with SAQ (KZN)
- Pre and Post Natal Exercise (CPT)
- Fighting FITT (CPT & JHB)





## GO HEALTH LAUNCHES IN SA

Active, health-conscious South Africans now have access to state-of-the-art health club facilities, with the latest technology and equipment from Technogym, through GO Health. The first gym in the chain opened its doors at the Northview Shopping Centre

in May 2015, with a monthly fees of R259. The new club in Northwold is the first of 40 GO Health clubs that will roll out between now and 2019. GO Health promises to give health lovers unprecedented value for less, giving many more South

Africans the opportunity to live a healthier, fitter lifestyle. Qualified wellness consultants are on call, aided by a bespoke programme to track your progress and fitness through an app. All of this is enclosed in a warm, friendly and motivating environment.

## EAST COAST TRANSFORMATIONS LAUNCHES

The recently launched East Coast Transformations offers a diverse and unique approach to online training and body transformations. *To find out more contact Nick Robert or Jaco Moolman on [nick@ectfit.co.za](mailto:nick@ectfit.co.za) and [jaco@ectfit.co.za](mailto:jaco@ectfit.co.za), or visit [www.ectfit.co.za](http://www.ectfit.co.za)*



## GET YOUR GEAR ONLINE

South African shoppers can now get first bite at the latest sneakers and branded sports goods online, with the addition of Sportscene and Totalsports' new e-commerce sites to The Foschini Group (TFG) online mall. Outdoor and adventure store DueSouth will also be joining the virtual mall. Features of the new online stores include pre-order functionality, as well as adding sporting events straight from the webpage into your calendar.

TFG will continue to add stores to the mall, giving consumers access to all 17 online stores by 2018. Visit [www.tfg.co.za](http://www.tfg.co.za) to browse and shop.

## FITPRO COURSE DATES

### JOHANNESBURG

- **4 July** – Scientific weight loss
- **23 July** – Group fitness trainer
- **25, 26 July** – Olympic Weightlifting course
- **8 August** – Pilates mat
- **15 August** – Advanced biomechanics
- **21 August** – Stretching (SWS)
- **22 August** – Plyometrics

### CAPE TOWN

- **4 – 5 July** – Kettlebell Ballistics
- **11 – 12 July** – Exercise and pregnancy
- **11 – 12 July** – Balance ball
- **4 August** – Exercise science
- **1 – 2 August** – Sports injuries
- **22 – 23 August** – Strapping

For more info or to book visit [www.fitpro.co.za](http://www.fitpro.co.za).



## ARE YOU LOOKING FOR A CAREER IN THE HEALTH & FITNESS INDUSTRY?



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# EVENTS CALENDAR

## PICK N PAY KNYSNA OYSTER FESTIVAL

South Africa's premium sport and lifestyle festival, the 32nd annual Pick n Pay Knysna Oyster Festival, once again takes place during July. From cycling and running, to swimming and paddling, the festival boasts some of South Africa's most scenic multi-disciplinary competitions, including the Big5 Sport Challenge.

**DATE:** 3-12 July 2015

**VENUE:** Knysna, Western Cape

**EVENTS:** Momentum Weekend Argus Knysna Cycle Tour presented by Rotary, the Knysna Dragons Lagoon Mile Swim, the Salomon Featherbed Trail Run presented by GU, the Totalsports Xterra presented by Rehidrat® Sport, and the Momentum Cape Times Knysna Forest Marathon and Half Marathon. For more info visit [www.pnpoysterfestival.co.za](http://www.pnpoysterfestival.co.za), contact Knysna Tourism at 044 382 5510, or connect on Twitter @OysterFestival or on Facebook/KnysnaOysterFestival.



## TOTALSPORTS WOMEN'S RACE

This women's month be part of the 'Women Run This City Movement' by taking part in one of the Totalsports Women's races taking place across the country.

Durban

**DATE:** Sunday, 19 July 2015

Johannesburg

**DATE:** Sunday, 09 August 2015

Stellenbosch

**DATE:** Monday, 10 August 2015

**DISTANCES:** 5km and 10km run/walk

For more info visit [www.totalsportswomenrace.com](http://www.totalsportswomenrace.com), follow @totalsportssa on Twitter or like Totalsportswomen on Facebook.



## TOUR OF LEGENDS MTB STAGE RACE

After a hiatus, the Tour of Legends mountain bike stage race makes a return to the calendar in 2015. The three-day stage race is held almost entirely inside a big five game reserve. The venue for this event is malaria free and is less than a three hour drive from Johannesburg and Pretoria.

**DATE:** 14 – 16 August 2015

**VENUE:** Legends Golf and Safari Resort, Limpopo

**DISTANCES:** 50-60km per stage

For more info visit [www.touroflegends.co.za](http://www.touroflegends.co.za)

## 16TH BIENNIAL SASMA CONGRESS

Londocor Event Management will be hosting the 16th Biennial Congress of South African Sports Medicine Association (SASMA) later this year. The biennial SASMA meeting has taken on the mantle of Africa's showpiece for sports and exercise medicine.

**DATE:** 20-22 October 2015

**VENUE:** Sandton Convention Centre, Johannesburg

For more information visit [www.sasma2015.co.za](http://www.sasma2015.co.za) or email [yvonne@londocor.co.za](mailto:yvonne@londocor.co.za)

## HOLLARD JOZI URBAN MOUNTAIN BIKE ADVENTURE

The Hollard Jozi Urban Mountain Bike Adventure is a race for all kinds of riders, from professionals to weekend warriors and newbies and novices.

Along with the Elite Categories there will be a variety of entry categories for those of a more creative inclination. This year riders can look forward to a tougher 54km route with fewer bottle-necks and less congestion due to a seeded start, and more water stops.

**DATE:** 6 September 2015

**VENUE:** Marks Park, Johannesburg

**DISTANCES:** 54km & 22km

For more info visit [www.facebook.com/urbanMTB](http://www.facebook.com/urbanMTB) or follow @JUMAMTB on Twitter. To enter visit [www.juma.co.za](http://www.juma.co.za) or [www.cycleevents.co.za](http://www.cycleevents.co.za)



## 2015 SANLAM CAPE TOWN MARATHON

Africa's first IAAF Silver Label-accredited marathon will form part of a five-event running festival that is set to attract over 20,000 athletes, with 17 countries already represented in the line-up. The USA is leading the charge with the largest contingent yet, with the UK, France, Australia, Germany and the Netherlands not far behind. And, of course, marathon-loving African countries like Kenya and Zambia are high up on the list.

**DATE:** 20 September 2015

**VENUE:** Green Point A track, Cape Town

For more information visit [www.capetownmarathon.com](http://www.capetownmarathon.com)



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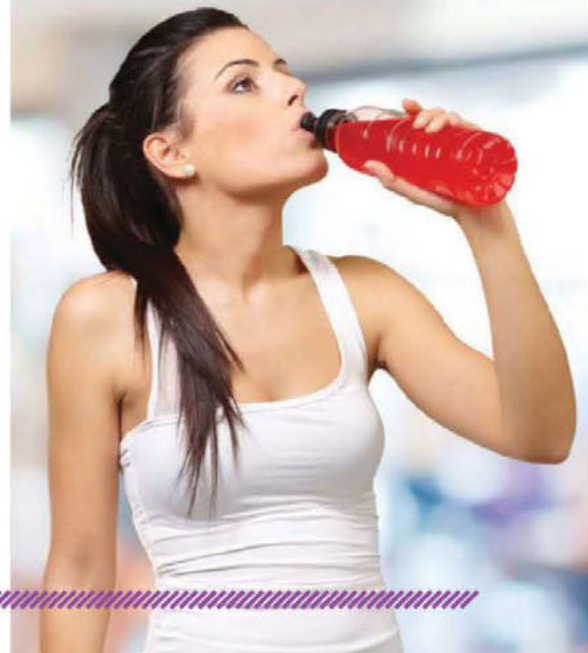
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BY DANI WATERSTON, MA (Research Psychology), BA (Hons) Psychology and Consulting Nutritionist

# LIQUID CALORIES

ONE OF THE MOST COMMON QUESTIONS I RECEIVE FROM MY CLIENTS IS: "I already drink a lot of fluid so how much must I consume in a day?" My immediate answer is "what liquids are you consuming?"



**"More often than not I get a sheepish smile followed by a confession... "I drink a lot of coffee", "I have a few diet drinks a day", or "lots of tea and water". Then, inevitably, comes the final question: "Oh, by the way, just how 'bad' are energy drinks and alcohol?"**

Based on these common responses it is safe to say that, in essence, many people may be consuming sufficient liquid each day. However, you may not be consuming enough water and, more importantly, you may be drinking a whole lot of empty calories. This combination can have massive consequences to your health and may be a huge contributing factor to your weight gain or your inability to lose weight. So, let's liquidate this debate...

The amount of water that we have in our bodies ranges from 50% to 75%. This variance in body composition can be attributed to factors such as age, gender, fitness level, diet, hydration status and the use of diuretic substances. The average adult woman is comprised of about 55% water. It is therefore clearly evident that water is a significant constituent of a healthy body.

In an ideal world we would all drink enough water to remain fully hydrated, but nowadays that is difficult given our busy and demanding lifestyles. Some people

literally forget to drink anything at all during their busy day, while others survive on coffee or, worse, they get through their day or their workout with sugar-laden energy drinks.

Further compounding the issue is the fact that many who struggle to eat during the day or are following strict diet plans often opt for fruit juices or a liquid with a 'nutritional' value to fill up on calories and curb those cravings. However, this is extremely detrimental when it comes to nutrition and overall health.

Simply put, our bodies don't register liquid calories in the same way as solids. If you are on a calorie controlled eating plan you have a limited number of calories you can consume each day. This figure has (hopefully) been carefully calculated to ensure you have enough energy to get through the day and also achieve your goal, be it weight maintenance, weight gain or weight loss. If you drink copious amounts of flavoured liquids such as sugar-laden flavoured waters and juices you are simply adding empty calories to your diet, which sabotages your goal.

Take, for instance, high fructose sugary liquid syrups or cordials and full fat milk – they can add between 80-160 calories to your innocent hot beverage or meal accompaniment. How about hot chocolate during the colder Winter months? It's not only the added sugar in the formulation that impacts your waistline, but there is full fat milk powder too. Mix

this in with milk, be it fat-free, skim, low fat or full cream and you could be consuming 150 to 400 calories and 25-58g of carbs per serving. If you're a soya milk girl then you're a little better off, but even soya hot chocolate drinks have been shown to contain anywhere from 170 to 399 calories per serving.

## PICK YOUR POISON

So, even if we cut out the decadent drinks and opt for cappuccinos or lattes you could still consume between 80-150 calories per serving, and that's if you manage to keep it to just one per day. With this in mind it is essential that you 'pick your poison', but even then, if you're on a calorie restricted diet that aims to create a 500 calorie-a-day deficit to lose 0.5kg per week, a seemingly innocent cappuccino with the girls can swing your deficit into a surplus for the day and hamper your weekly weight loss plans. If left unchecked this daily cuppa can easily add an extra 1050 calories per week, which is already

in that inevitable energy slump, which leaves your body wanting its next fix of sugar. Furthermore, most flavoured waters, sugary energy drinks, juices and alcoholic beverages are packed with chemicals and other artificial substances that aren't good for your body.

It is therefore essential that you drink the majority of your recommended daily fluid intake of 2-3L a day in the form of ionised and mineralised water. This will ensure that your body remains hydrated. On the days that you train, be it at the gym or out on the road, ensure that you drink a bit more to avoid dehydration. The general rule of thumb is to drink to thirst and aim to replace the weight you may have lost with a commensurate amount of water.

The best way to achieve this is to always keep a water bottle with you

**OUR BODIES DON'T REGISTER LIQUID CALORIES IN THE SAME WAY AS SOLIDS.**



**28 + 122 + 80 + 189 + 550 + 96 = 1065! CALORIES**

66% of an average woman's daily calorie intake; almost an entire day of extra calories!

And don't forget, not only are these drinks loaded with calories and devoid of any nutritional value, but they won't quench your thirst and they'll leave you wanting more. In addition, the sugary drinks will spike your insulin levels which will result

and to keep it topped up so that you are encouraged to drink. Try limit diet drinks, juices, alcohol and sugar-free energy drinks to one per day, but only when required.

**In closing, it is pertinent to mention that we often mistake hunger for thirst. As such, if we ensure that we're always hydrated we'll be doing our waistlines a huge favour.**

## About the author:



Dani Waterston is a competitive Bikini athlete and fitness model, an E-Fit brand ambassador, and a consulting nutritionist. She also holds a master's degree in psychology. This combination of knowledge and experience has helped her create a foundation that enables her to understand health and fitness on a deeper psychological and emotional level.



## PURE NUTRITION TECHNOLOGY PURE SHAKE

Pure Nutrition Technology offers performance based nutrition to improve training intensities and performance, maximise recovery, and maintain optimum health. All products in the range are soya free, sugar free, gluten free, and are free of prohibited substances as listed in the Prohibited List 2010 compiled by the World Anti-Doping Agency

(WADA). Pure Shake is a premium high energy, high protein food supplement. Each serving contains essential nutrients including protein, carbohydrates, vitamins and minerals to support recovery after training and supports an increase in lean muscle mass when used in combination with a resistance training programme.



## USN 3XT-PUMP

USN's 3XT-PUMP All-In-One Pre-Workout, part of the company's hardcore range, is formulated to include the most scientifically grounded nutritional technology to help you enhance your performance and recovery potential. Patented and licensed ingredients are included, which have been shown to improve exercise tolerance levels and output, along with high caffeine levels (250mg per serving). Carbohydrates are included as they have been shown to improve performance levels during training sessions, aiding ATP production and recovery.



## GNC TOTAL LEAN™ LEAN BAR

GNC's Total Lean™ Lean Bars are packed with the nutrients your body needs to keep you going between meals. The great-tasting bar contains protein and fibre to keep you feeling full for longer. It's low in calories, has zero trans-fat and is available in various flavours including Chocolate Chip, Strawberry, Blueberry and Chocolate Peanut Butter. Visit [www.gnc.co.za/stores](http://www.gnc.co.za/stores) to find your closest outlet.



## PHARMAFREAK NOW IN DIS-CHEM

Founded in 2008 by Alex Savva and Don Gauvreau, PharmaFreak® offers an extensive range of potent and effective sports supplements which will now be available for purchase from Dis-Chem stores nationwide. PharmaFreak® is a dedicated industry leader in researching, developing and creating the world's strongest supplements made with premium, clinically-validated ingredients and the highest level GMP quality control standards.

## PHYTO PRO CHOCOLATE PROTEIN SHAKE

Phyto Pro Chocolate Protein Shake uses Phyto Pro Pea Protein Isolate as a base, and adds in Fair-trade African cocoa to flavour, a blend of non-GMO xylitol and stevia to sweeten, and pink Himalayan Crystal Salt to enhance trace-mineral balance. Phyto Pro created this blend for clients who want to benefit from the positive health effects of pea protein isolate and appreciate the convenience of the quick mix-and-go, low carbohydrate formulation. For more information or to locate your nearest stockist visit [phytopro.co.za](http://phytopro.co.za) or engage with PhytoPro on Facebook.



## Xtreme Nutrition expands distribution

Leading local supplement retailer Xtreme Nutrition recently opened another store in Johannesburg. The store, located on Malibongwe Drive in Randburg, stocks the widest range of top international and popular local supplement brands.

For more info call 011 791 4367 or email [sales@xtremenutrition.co.za](mailto:sales@xtremenutrition.co.za). Consumers can also shop online at the recently updated website [www.xtremenutrition.co.za](http://www.xtremenutrition.co.za), which now offers overnight delivery to major cities and free courtering with orders over R600.

## CHROME STORE OPENS IN CAPE TOWN

Leading supplement retailer Chrome Supplements & Accessories has expanded the company's footprint into the Western Cape with the official opening of a store in Cape Town. The new Cape Town branch, which opened on 26 June in the Tyger Valley Shopping Centre in Bellville, is the first of many new stores planned for the region. With the growth in

demand in the supplement industry, Chrome is confident that the venture will be as successful in the Western Cape as it has been in Gauteng. Chrome has a tried and tested range of over 2,000 products, from health and performance supplements, to training accessories and apparel, offering a one-stop shop for the muscle-building, fit-minded and health-conscious

consumer. Chrome already boasts an establish footprint of 14 successful retail outlets and aims to have opened an additional 20 retail stores by the end of 2016, with the possibility of expansion into international markets too.

For more info or to find a store visit [www.chromesa.co.za](http://www.chromesa.co.za) or contact 0861 000 638. For franchise opportunities email [franchise@chromesa.co.za](mailto:franchise@chromesa.co.za).







# WOD PSYCHOLOGY

**“WE DON’T RISE TO THE OCCASION, we sink to the level of our training.”**



WRITTEN BY  
Wilna Appel,  
Head Coach  
and Owner of  
CrossFit PBM  
PHOTO BY  
Anton Geyser

**I’ve always been a competitive sportsperson. From tennis in primary school to hockey in high school, which then became first team varsity and u/21 provincial level hockey. If I’m honest I never really focused on the mental side of competing at that stage; I just played and went all out.**

However, since I started competing in CrossFit I’ve had to work on my mental game. My first individual competition was CrossFit Regionals in 2012, where I finished second in Africa and narrowly missed going to the Games. The mental strength required to compete in a competition like that is something that I needed to get used to. Now that we’re competing as a team my psychological approach and mental focus has had to change again as the dynamic is quite different from individual competition.

During our training – we try to train together as a team as much as possible – we focus like we would on competition day. Everyone is always giving their best and everyone

motivates each other, whether it’s a great lift or a good time on a WOD, or when someone is struggling or doesn’t feel like training. I also like to make every workout a competition because if I can be the best athlete in the gym every day I know I can be a phenomenal athlete come game day.

Wynand, my husband, has a saying: “We don’t rise to the occasion, we sink to the level of our training.” I’ve found this to be especially true of CrossFit. When you’re mid WOD and your body is saying “no” but your mind says “yes”, that’s when your training kicks in; that’s when you fall back on the basics to get you through.

This means that your training needs to be form and technique-oriented so that your body inherently knows what to do and your muscles have memorised the basics when it comes time to call on this ability; when fatigue, tiredness and weakness have set in and have robbed you

of your ability to consciously execute your plan. As such every training session has to be a competition for the competitive athlete to develop that competitive mindset. **This is how we achieve this state of mind:**

During the warm-up we are concentrating on the task at hand. The focus is on movement; getting those muscles firing and the joints loose. Between movements I talk to my teammates and relax to conserve energy, but when it’s time

## GET FOCUSED TO LIFT, PRESS, PULL OR PUSH

### 1. Control your thinking

Emotions about an event can cloud an athlete’s judgment and can have an affect on the body’s ability to perform. Control your thinking and block any negative thoughts.

### 2. Always believe

Limiting beliefs are no-no’s in the competitive arena and will sabotage your performance. Quiet the mind, don’t judge yourself and trust your body.

### 3. Control your intensity

You must learn to find your ideal state of mind and control your intensity. Intensity affects the body and the mind. Don’t waste energy and worry about elements that are out of your control but focus on your attitude, your effort and how you intend to perform.

### 4. Don’t hesitate

Don’t hesitate when you need to perform at your peak because the slightest hesitation will have an affect on your confidence. An athlete who is confident will not hesitate in his or her decisions.

### 5. Use visualisation

See in your mind how you successfully perform at an event. By using visualisation you are able to perform at your peak and see yourself as a winner.

### 6. Dig deep

You have to show your mental toughness to come out on top after working months and even years on improving your technique, tactics, physical and mental abilities.

to move again; to lift, press, pull or push, our focus is dialled in on that single task. In the zone I don’t hear anyone or anything. I’m focused on my breathing and my body position. I visualise myself executing the movement before doing it – this mental projection is very important to ensure I perform when the time comes.

When we step on the competition floor to compete we do so with a clear goal in mind. We’ve rehearsed the movements in our minds; the pace, the muscles we’ll incorporate, each element of the move. When it comes time to execute, the moment we touch the bar, the rack or the rings, we enter ‘the zone’. Silence. I don’t see the other competitors around me. I’m inwardly focused on my breathing and how I feel. I channel my energy toward the task at hand as I get ready to explode into the movement. We’ve trained our bodies, and now our minds are ready to give everything we’ve got. Then it all goes blank. Go!

Intention and preparation merge into one and our bodies just move. No sound, no distractions, just pure movement. It’s an amazing feeling! When the pain starts setting in; when muscles start burning and lungs sear under the intensity of our efforts we keep pushing on because that is what we’ve trained mind and body to do. We’ve learnt to push the pain aside; trained to accept the pain, harness it even, to move past it and keep going. Once you’re capable of doing that, any workout becomes achievable.

When the clock stops or we achieve the reps then we stop and move on. We forget about our most recent effort almost immediately. We’ve done our best and given our all, so regardless of the outcome we don’t dwell on it. Our focus shifts to recovery to give our tired body and mind the respite they need to do it all over again. But we don’t focus on the next WOD just yet. It’s time to relax. We always focus on the task at hand, nothing else. In this sport mental efficiency is just as important as movement efficiency.

When we step up to the next station our attention snaps back to the task at hand and we do it all over again. It’s WOD psychology, and it’s what you need to hang with the best and worst that competitive CrossFit has to offer. **f**



**PHARMAFREAK**

**f** Pharmafreak South Africa

# DESTROY YOUR LIMITATIONS!

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WINNING QUESTION

## Lagging Legs

I'm very slender without any health problems. I have a fast metabolism and wanted to know how to develop more muscle in my legs. I recently had a big operation, so my legs are very thin.

— Rene

It is only natural for you to have lost muscle in your legs after a big operation. Do not worry though as you will regain mobility and, with an increase in your daily activity levels you'll also regain the lost muscle in your legs. You can also train legs twice a week, focusing on compound lifts such as leg presses, squats, stiff

leg deadlifts and lying leg curls to stimulate additional gains in muscle. Perform 4-5 sets on each exercise and do 10-15 reps per set. Be sure to progressively increase the weight you train with each week to ensure it is a challenge to complete the

10-15 reps during each set. As you get stronger your legs will become more muscular. Coupled with a healthy, protein-rich diet it won't be

long before you see visible improvement to your leg development. Remain consistent and you will reap the rewards.

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## Maintaining results

**Q** I need to lose around 10kg, and although I'm training hard now I don't see results. I'm considering buying CLA and USN Phedra Cut Ultra XT to help shed the weight. My concern is that when I reach my goal weight I would like to continue training without supplements, but I'm scared that I might pick up all the weight once I stop using them. — Anlu Fourie

I have no doubt that good fat burners can help you with your fat loss efforts, but I also believe that you are able to get good results without them. If you don't see the results you want from your training then you are doing something wrong with your diet, and supplements won't help if your diet is not right. First get the recipe (diet) right to 'bake the best cake' because without that you'll be unable to finish it off with the 'icing'; the supplements. Supplements can assist you in achieving better fat loss results, but if you remove them from your diet it is possible to undo

**IF YOU DON'T  
SEE THE  
RESULTS  
YOU WANT  
FROM YOUR  
TRAINING  
THEN YOU  
ARE DOING  
SOMETHING  
WRONG WITH  
YOUR DIET.**

the results achieved if you do not maintain the dietary and lifestyle habits you were following while using supplements.

When you start to see progress again you'll know that your diet is right, and that's when you can add the fat burners to support your fat loss efforts and accelerate the results. They shouldn't be relied on to drive the weight loss though – rather think of them as an additional tool to help you reach your goal. Then, when you reach your goal weight, you can certainly do away with the supplements without any risk of 'rebound', provided you maintain an appropriate diet. **f**



Questions answered by Mario Van Biljon; NHDip: Microbiology, Founder of BodyGuru  
*fitness magazine reserves the right to edit any question submitted.*



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# ab circuit

## WORKOUT

**N**ow is the time to sculpt a sexy midsection.

By the time summer rolls around and you fine-tune your diet the body fat around your belly will give way to the shapely tummy you've always wanted.

### HOW TO DO IT

Perform each exercise immediately after the other, back to back, until an entire circuit has been completed. Perform each exercise for 45-60 seconds.

*Rest for 60 seconds after completing a circuit, then repeat for a total of 3-5 circuits.*

### THE CIRCUIT

1. Single leg (tripod) plank (right leg up)
2. Side plank (left leg supporting)
3. Elbow to knee crunch (to the right)
4. Elbow to knee crunch (to the left)
5. Side plank (right leg supporting)
6. Single leg (tripod) plank (left leg up)

### Planking basics

- **Always** contract your glutes and abdominals to brace your torso.
- **Keep** a slight bend in your knees – never lock them out – with your feet no more than hip-width apart.
- **Keep** your elbows below your shoulders.
- **Do not** drop your head or lower back.

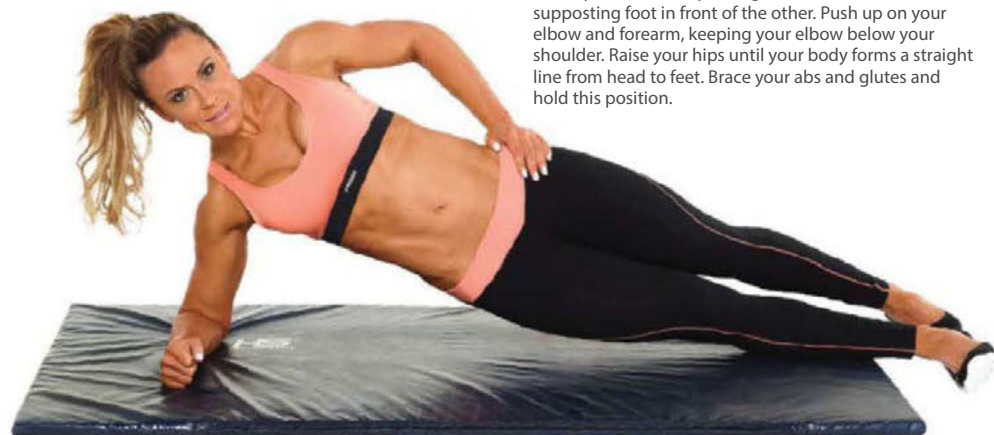
### 1 SINGLE LEG (TRIPOD) PLANK

From a basic plank position lift one leg and hold for the required count.



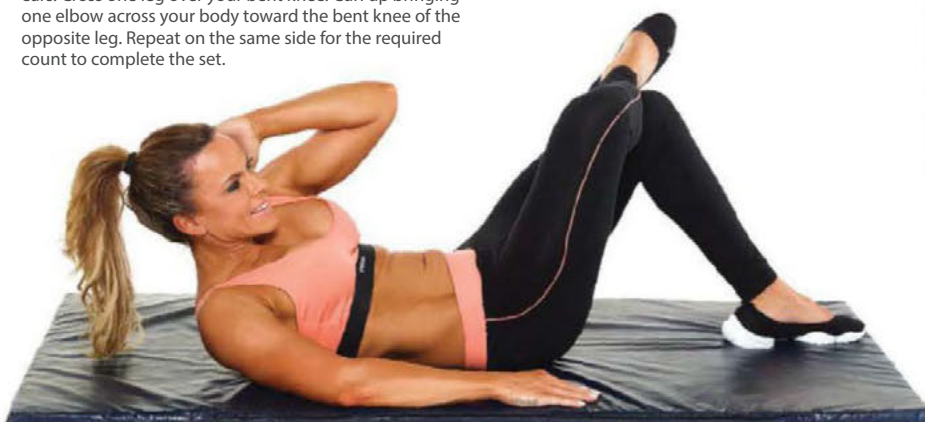
### 2 SIDE PLANK

Lie on your side with your legs extended and the supporting foot in front of the other. Push up on your elbow and forearm, keeping your elbow below your shoulder. Raise your hips until your body forms a straight line from head to feet. Brace your abs and glutes and hold this position.



### 3 ELBOW TO KNEE CRUNCH

Lie on your back. Keep your feet flat on the floor with legs bent at 45 degrees, and place your hands behind your ears. Cross one leg over your bent knee. Curl up bringing one elbow across your body toward the bent knee of the opposite leg. Repeat on the same side for the required count to complete the set.







MARIETHA STRAMPE - BODY MAKEOVER CHALLENGE 2013/2014 FEMALE WINNER.

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# RAZER NABU X

The Razer Nabu X uses a no-screen notification interface as it vibrates when you get an incoming alert from your phone and the LEDs light up in customisable colours. Data such as steps, distance covered, calories burnt, hours slept, active minutes and goals are tracked by the Nabu X's accelerometer and algorithms, with progress displayed on a wide selection of companion iOS or Android fitness apps.

Billed as a "social wearable" device, it contains Razer's proprietary Pulse technology that allows Nabu and Nabu X bands to 'talk' to each other when they are within a specified proximity. This creates fun, new ways of connecting with others

and interacting with the world, like shaking hands to exchange info, or competing against each other by comparing data or engaging in multiplayer games. The device also offers 5-7 days of active battery life and up to 30 days on standby. It is water-resistant up to 1m.



## GARMIN FÉNIX 3

**Garmin recently released the fénix 3, the latest GPS sportwatch for demanding athletes and outdoor adventurers.**



This sophisticated watch supports a full range of sport activities, from advanced fitness training, swimming and trail running, to triathlon, cycling and hiking, providing feedback and a wealth of data on a multitude of metrics. Sporting a new, slimmer design than its predecessor, a stainless steel bezel, high resolution colour display and smartwatch features, the new fénix 3 is also suited for everyday use. When

paired with a smartphone the fénix 3 provides smart notifications, weather forecasts and more. Available in three style variants, namely Silver, Grey and the premium Sapphire option, which has a scratch-resistant, domed sapphire lens and a linked stainless steel strap.

*Available for R7,599 (silver), R8,449 (performer bundle) or R9,999 (sapphire performer bundle).*

## LORNA JANE PHONE HOLDER

**The Lorna Jane Sport MP3/phone holder is the perfect accessory for your workout, allowing you to listen to your favourite music while you move your body. Available for R499 from Lorna Jane stores. To**

find a store or to buy online visit [www.lornajane.co.za](http://www.lornajane.co.za) or e-mail [order@lornajane.co.za](mailto:order@lornajane.co.za). **For more info visit Lorna Jane South Africa on Facebook.**



## MONSTER ADIDAS ORIGINALS HEADPHONES

**Monster has partnered with leading sportswear label, Adidas to create the high-performance, street savvy and stylish Monster Adidas Original Headphones.**

This foldable device boasts a minimalist, sleek and comfortable design. The noise isolation feature ensures uninterrupted dynamic sound. The MusicShare features allows users to share music with friends with the help of the dual audio input jacks to link headphones together.

*Available in a white and a black design from music stores nationwide at the RRP of R4,499. Resellers can contact Phoenix Distribution on [sales@phoenixdistribution.co.za](mailto:sales@phoenixdistribution.co.za) or call 011 592 9200 or 021 487 4640.*



## FITBIT SURGE

The Fitbit Surge is a sleek fitness watch that offers GPS tracking, continuous wrist-based heart rate monitoring, all-day fitness tracking and smartwatch functionality in one device, with up to seven days of battery life (168 hours for heart rate, five hours in GPS mode). The device's multi-sport mode allows users to easily record running, cross training, cardio or biking workouts, which automatically syncs wirelessly to a user's account where they can easily view their exercise summaries on their smartphones. The continuous, automatic

wrist-based heart rate tracking is achieved with Fitbit's PurePulse™ optical heart rate technology. **Available from iStore and Dion Wired at a RRP of R3,999.**





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# NATURAL SLEEP ENHANCERS

Become a super sleeper with these tips and sleeping aids

BY WERNER BEUKES, Deputy Editor



**Y**ou don't build muscle in the gym, you build it between sessions when your body recovers, and sleep is a vital component of that process. Accordingly, getting the required amount of sleep each night is an essential element of every plan aimed at developing your physique, improving your strength or enhancing your sporting performance.

If, however, you find yourself lying awake at night staring at the ceiling it is highly unlikely that you'll reach your goals as a lack of shut-eye can lead to poor workouts and

sub-par race performances, elevated cortisol levels, fat gain and, in most cases, it will turn you into a sleep-deprived, groggy version of your former self.

With so much to gain from a good night's sleep and such severe consequences for insufficient or poor quality sleep it pays to do whatever you can to get some good 'kip'. Natural sleep enhancers, for instance, can help you on your way to more quality time in slumberland. But before you head to your local pharmacy it's worth trying to address your sleeplessness with a few lifestyle adjustments.

**Try the following tips to 'hit the sack' quickly and safely:**

## 1. CUT OUT CAFFEINE AND ENERGY DRINKS

Enjoying a cup of coffee or two too close to bedtime will overstimulate your central nervous system which means you might end up counting sheep long after you switched off the lights.

Certain energy drinks can also make you feel jittery due to all the stimulants they contain, so cut out the caffeine and energy drinks long before you turn in for the night.



## 2. ALCOHOL IS A NO-NO

Booze can potentially disrupt your natural sleep cycle and also causes dehydration which can result in poor sleep quality. It can also stunt testosterone release and impair muscle growth, two of the most important and pronounced actions that occur while you sleep.



## 3. LIGHTS OFF

When you are ready for bed make sure you turn off all the lights and all light-emitting devices such as cellphones, tablets, laptops and the television. Any form of artificial light has the potential to affect the release of melatonin, an important sleep-regulating hormone, and alter your circadian rhythm, which controls your biological clock. This may result in night-time wakefulness or altered sleep patterns. The best sleep happens in total darkness.

## 4. TIME YOUR WORKOUT

When you are training hard in the gym you are naturally raising your body temperature and this might disrupt sleep in the middle of the night. You won't be able to sleep or you may struggle to fall asleep if your body temperature is too high. Schedule your workouts wisely and train at least three to four hours before you go to bed.



## 5. OPTIMISE YOUR ENVIRONMENT

The bedroom is generally designed to be a sacred place aimed at catching some much-needed zzz's. Don't do any work in bed because it will prevent you from turning off your mind and it will over-stimulate your senses. You don't need that right before you go to bed. When you retire for the night don't think about things you need to remember. Rather keep a piece of paper next to your bed and write them down so you can release them from your conscious. If you don't make your bedroom a place for slumber you will only exacerbate your insomnia.



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# IF YOU'RE STILL HAVING A HARD TIME FALLING ASLEEP AND/OR STAYING ASLEEP THE FOLLOWING SLEEP ENHANCERS MIGHT BE OF HELP:

## 1. ZMA

This powerful mineral combo of zinc and magnesium is known to be a solid sleep enhancer. Magnesium deficiency among hard training athletes is common and magnesium plays an important role in the functioning of GABA (Gamma Aminobutyric Acid) receptors, which is the primary neurotransmitter responsible for calming your central nervous system, relaxing you and preparing you for sleep. Low levels of this mineral can also negatively impact on overall sleep quality and decrease testosterone levels. You will only feel a difference when you take it consistently over a period of two to three weeks so don't expect it to work immediately after you start using it. ZMA supplementation can be taken any time of the day.

## 2. Lavender oil

This is a helpful option when you find yourself tossing and turning at night. We know from ancient texts that this essential oil, obtained by distillation from the flower spikes of certain species of lavender, has been used with great success by our forefathers for medicinal and religious purposes. It aids in putting your body in a relaxed parasympathetic state. It will improve your overall sleep quality by calming your mind, reducing overall stress and decreasing your blood pressure. It also helps people to feel refreshed upon waking in the morning. Take it about half an hour before you go to bed.



## 3. Melatonin

This hormone regulates your sleep and wake cycles through changes in response to light.

You can increase your melatonin production naturally by avoiding electronic light late at night and by sleeping in a dark room. You can also boost its production by eating cherries and bananas. If this does not help, you can start supplementing your intake by taking 1-3mg of melatonin 30 minutes before you hit the sack. Start with a low dose and gradually increase it if necessary in increments of 500mcg (half of 1mg) until you find the correct dose to deliver a good night's sleep.

## 4. Valerian

The roots of this non-toxic plant can help you sleep better as they are used as a sedative and sleeping aid. It is believed to work by increasing the amount of GABA which helps regulate the action of nerve cells and has a calming effect. It is most effective when you take it regularly over a period of two to three weeks. It could also increase the effects of other sleep aids.

## 5. Chamomile

Well known for its health benefits and as an effective remedy for helping people to doze off, this ingredient is most commonly found in herbal tea. It will relax your muscles and bring on feelings of sleepiness. It has been successfully used as a traditional remedy for anxiety, heartburn, nausea and insomnia for decades. Have a cup of chamomile tea 15-30 minutes before you go to sleep as a potential sleep aid.

## 6. L-theanine

Consumed for its relaxant effects, this water-soluble amino acid is found in mushrooms and green tea. Japanese researchers tested the effect of L-theanine by giving volunteers 200mg. The volunteers' sleeping patterns were recorded on devices they had around their wrists. The outcome was that the volunteers did not sleep longer but L-theanine did cause them to sleep better. Sleep quality and recovery were also enhanced by L-theanine.



Relaxes your muscles and brings on feelings of sleepiness. It has been successfully used as a traditional remedy for anxiety, heartburn, nausea and insomnia for decades.



**Getting proper shut-eye is like solving a puzzle. You must try different remedies, tips and aids before you find the missing piece of your insomnia puzzle.** Many people also suffer from medical conditions that negatively affect sleep and our constant exposure to stress and the fast pace of modern living generally means that we could all use some help in the sleep department. The key is to find which safe and effective sleep enhancer works best for you.



*Lara Ann Bester*

2014 USN FACE OF FITNESS WINNER

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# BODY BEAT

BY WERNER BEUKES, Deputy Editor

## When and how music should be incorporated into your active lifestyle

**f the clanking of weight plates, the drone of high tempo spinning classes and the reception manager's selection of the latest EDM compilation isn't creating the atmosphere you'd like to train in then perhaps you're one of the growing number of people who choose to exercise with head or earphones while listening to your favourite hit list.**

An article published on the Scientific American website dated 20 March 2013 states: "Many people depend on bumpin' beats and stirring lyrics to keep themselves motivated when exercising." While this is an ideal method to 'tune out' the world and focus on your training, the right type of music during exercise may do more than merely give your routine a motivating soundtrack.

### HARDER, EASIER, LONGER

In a 2012 study of 184 college students' usage of their personal music players during exercise in America, conducted by David Barney, Anita Gust and Gary Liguori from the International Council for Health, Physical Education, Recreation, Sport and Dance, the most common reasons to listen to their music were "to work out harder" (22,4 percent), "make the exercise seem easier" (21,4 percent) and "to work out longer" (20,2 percent). In the same study, the most common modes of exercise while listening to music were free weights (27,2 percent), treadmill (26 percent), machine weights (19,6 percent) and the elliptical trainer (17,4 percent).

### PERFORMANCE ENHANCER

**Prof. Ina Shaw, PhD, a professor in Biokinetics from Monash University, says research has shown that music definitely has the potential to make an individual's energy utilisation more efficient while they are training.**

"This is believed to occur when a person synchronises their movements during aerobic-type movement (running, walking, rowing, etc.) with music," says Shaw. She also indicates that by-product molecules (i.e. acidosis and elevated hormones) of high-intensity exercise which contribute to fatigue may somehow be lessened by music.

Research on the interplay of music and

exercise dates back as far as 1911 when American investigator Leonard Ayres found that cyclists pedalled faster while a band was playing than when it was not.

Accordingly, it is no secret that when listening to music, people run farther, swim faster, lift heavier and cycle longer than usual – in many cases without realising it. In a 2012 review of research, Costas Karageorghis of Brunel University of London, one of the world's leading experts on the psychology of exercise music, wrote that one could think of music as "a type of legal performance-enhancing drug".

Can music then be a drug? When asked this question, Shaw agrees that music can be a drug in the right athlete, in the right sport and under the right conditions. "In many individuals this is also not true since some research has also shown that music, especially at maximal intensities, may not be able to override an individual's physiological limitations."


According to Shaw music can be used either to stimulate or calm an individual down prior to physical exertion. Some sports (i.e. contact sports) require an individual to be very psyched up and others require them to be calm (i.e. golf) and even in those sports some individuals have



a different optimum level of arousal or stress.

"We see this in the gym where one individual favours quiet or relaxed music and another favours hardcore, loud music. However, a good tip for selecting music for a workout is to find preferential music that has a similar amount of beats per minute to the heart rate that you expect and that you want during the exercise you are going to do. So when planning the exercises for your programme, it is essential to give thoughtful preparation to your music organisation and make sure that songs blend into a continuous mix," says Shaw.

In fact, music has the potential to offer such a boost to performance that the USATF (the governing body of distance races in the USA) banned the use of portable music devices in its sanctioned events in 2007. Subsequently officials at the 2007 Twin Cities Marathon disqualified 144 runners for infringing on the rule. The USATF has since amended the ban and it now only applies to runners contending for prizes in championships, but the fact remains that music has the potential to boost performance.



**TYPES OF MUSIC**  
In a snap survey among Jo'burgers who work out, fast songs with strong beats fill most workout playlists. People in general prefer to listen to hip-hop, rock and pop while working up a sweat.

## MIND MANIPULATION

Research has indicated six key ways in which music can influence the mind in preparation for optimum physical exertion:

**1) Dissociation:** This refers to a diversionary technique which lowers perceptions of effort. As such, music narrows a person's attention and diverts their mind away from sensations of fatigue and may even promote a positive mood during the physical exertion, while suppressing negative emotions such as tension, depression and anger. However, this effect is only true for low and moderate exercise intensities because at high intensities, perceptions of fatigue from physiological feedback (i.e. heart rate, breathing rate, etc.) override the impact of music. However, music may still improve the experience of high-intensity exercise and make it seem fun.

**2) Arousal regulation:** Interestingly, music can be used either to stimulate or calm anxious feelings before physical exertion. Loud, upbeat or fast-tempo music can be used to 'psych-up,' while softer, down- or slow-tempo music can help to 'psych-down' an athlete.

**3) Synchronisation:** The synchronisation of music with repetitive (aerobic) exercise is associated with increased levels of performance. This is because musical tempo can regulate movement, prolonging performance.

**4) Acquisition of motor skills:** Think artistic sports such as gymnastics which are performed to music. Music can assist in the acquisition of motor skills since music replicates forms of bodily rhythm and many aspects of human locomotion. Music makes the learning environment more fun, increasing an individual's intrinsic motivation to master essential skills. In addition, it is thought that motor control enrichment from auditory rhythmic stimuli probably affects motor effectors in the cortex of the brain, or at the spinal level.

**5) Attainment of flow:** The most common and logical effect of listening to music (especially personally chosen music on headphones) is that music may help in the attainment of flow, a Zen-like state that internally motivates a person during physical exertion.

**6) Neurochemical response:** The intense pleasure experienced when listening to music is associated with dopamine activity, a neurotransmitter that plays a role in underlying pleasurable reactions, in the mesolimbic reward system. As such, the euphoric 'highs' from music are neurochemically reinforced by the brain so people keep coming back to it.

**Loud, upbeat or fast-tempo music can be used to 'psych-up,' while softer, down- or slow-tempo music can help to 'psych-down' an athlete.**





## SHAW EXPANDS MORE ON CONCERNS AND OUTLINES THE NEGATIVES WHILE TRAINING WITH HEADPHONES:

### 1. Wearing headphones can damage or impair your hearing:

In addition to the damage it may cause to your hearing, if the music is too loud and the headphones muffle outside sounds, there is a risk of danger in that if you are exercising outdoors you may not hear an approaching motor vehicle and cannot move out of the way.

### 2. Headphones and listening devices can distract you from your workout:

While individuals are toying with their headphones and listening devices (i.e. adjusting wires, adjusting the fit, etc.), they are not paying attention to their surroundings or the control required for a movement or exercise, which may result in an unnecessary injury from a fall, twisting an ankle, over-stretching a muscle or dropping a weight. Also, listening to music during a workout can make you go too fast or too slow and that could eliminate the benefits of training.

### 3. Other senses are minimised if you wear a headset:

When you wear a headset, you may not see or hear dangerous objects or situations around you.

### 4. Headphones limit social contact:

Although many athletes and gym-goers expect to be left alone when training or competing, many individuals partake in sport and exercise for the social benefits. If they want to meet they can ditch the headphones, but if you want to be alone, headphones are a great excuse for people not to approach you.

### 5. Music can sabotage your performance:

It is important to train regularly in 'race conditions'. As many races do not allow the use of music during an event by listening to music while training you put yourself at a disadvantage since you will be unfamiliar with your state without music. If you want to set yourself up for success, match your training to the conditions of your competition day, including what your ears hear.

**6. Develops a dependence:** Shaw believes that one could become too dependent on music to complete workouts. People who might have a music addiction would be more defensive about their music usage. If you are one of those people similar principles apply to that of overcoming any addiction. There are a few ways in which to overcome a music addiction:

**a. Set a target:** Try to progressively reduce the time spent listening to music, but be realistic. Once you finally reach your target, set a new one.

**b. Get rid of your earphones:** Waking up every day and seeing your iPod and earphones is only going to tempt you. This way you won't be able to get them without having to dig them out.

**c. Remember what really matters:** Remember the health benefits and consequences of listening to music while training or competing and performance required for competition.



**The takeaway message is that music can be a highly effective tool used to boost performance or alleviate boredom while lifting weights, running, or cycling.**

**Just don't rely on it in every workout though; rather use it for periods when you want to reach peak performance or need some extra motivation to complete a killer workout. ■**

## PERFORMANCE PRODUCTS

### Yurbuds sport earphones

Ergonomic design features includes a TwistLock function that twists and locks the Yurbuds into place for a secure fit. Silicone earbuds are ergonomically designed to avoid nerve-rich areas of the ear and are soft and comfortable. The range is also sweat and water resistant. A water resistant three-button control and microphone controls music and calls on the iPhone, iPod and iPad.

### Bose SoundSport™ in-ear headphones

SoundSport headphones are sweat-resistant and StayHear tips conform securely and comfortably to an ear's shape. An inline mic and remote lets you easily control volume, skip tracks and take calls. TriPort® headphone technology produces wide-range sound.

R1,899

**CrossFit athlete Celestie 'Beastess' Engelbrecht,** listens to 'anything that is pumping!' She also loves old school rock. Her favourite songs consist of 'We're gonna win' by Bryan Adams, Eminem's 'Lose yourself' and 'Pump it' by Black Eyed Peas.



**USN Face of fitness cover model Lara Bester** likes to listen to 'Five more hours' by Deorro featuring Chris Brown, Jason Derulo's 'Want to want me' and 'Hey mama' by David Guetta featuring Nicki Minaj.



### Philips SHQ1200 ActionFit earphones

Offer a secure and comfortable fit, with anti-slip rubber ear caps that keep the earphones in. Three ear cap sizes are available for optimal fit. The kevlar-reinforced cable offers durability and a cable clip and protective pouch for easy use and storage are included. Sweat resistant and rain proof.

R169

### Beats by Dre Powerbeats2 Wireless

The headphones are compact and lightweight, and come with flexible ear hooks that provide a comfortable and secure fit. The headphones also pair easily with Bluetooth-enabled devices, and have a no-slip grip in-line mic for remote calls, as well as a rechargeable 6-hour battery. They are also sweat and water resistant.



R2,999

### Jabra Sport Pulse Wireless earphones

Offer an integrated heart rate monitor, and a compatible Sport Life App. The Dolby-enhanced wireless sound experience includes sound and real-time voice coaching through the Sport Life App. The earphones are lightweight, and sweat and rain proof. The 'Ergonomic Audio Response Science' technology ensures a secure and comfortable fit.



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# The thrills and spills of female roller derby

# ROLLING → THUNDER

**FOR SOME OF US EXERCISE AND FITNESS IS A WAY TO BLOW OFF STEAM, UNWIND FROM THE STRESSES OF DAILY LIFE AND HAVE SOME FUN.**

For a growing group of local ladies the search for this release has taken them from more conventional fitness jaunts on the road and in gym into the roller rink, for the rough and tumble world of roller derby.

**W**hile it may seem like a free-for-all melee to the uninformed, roller derby is about more than merely trying to knock your opponent down. There are rules and the game requires a healthy dose of strategy, skill and physical prowess to master. It is no surprise then that roller derby continues to grow in popularity as a form of fitness and an escape from the daily grind.

There are rules and the game requires a healthy dose of strategy, skill and physical prowess to master. It is no surprise then that roller derby continues to grow in popularity as a form of fitness and an escape from the daily grind.

## ROCK 'N' ROLL

An all-female roller derby is played by two teams that roller

skate in the same direction around a circuit track. The objective of the game, played in a series of short match-ups called jams, is to help a jammer (a designated scoring player) to score points by lapping members of the opposing team. The teams attempt to hinder the opposing jammer while assisting their own jammer – playing both on offence and defence at the same time. A jammer scores a point every time they lap any member of the opposing team.

Participants typically wear protective equipment such as a helmet, wrist guards, and elbow



and knee pads. These girls also wear neon coloured mouth guards – a clear indication of how physical things can get at a roller derby.

Derby groups with colourful names like the Raging

Whoremones, the Thundering Hell Cats, the Bang Bang Betties and Roller Dolls participate in South Africa's official roller derby league. The contact sport spread to South Africa in 2010 following the founding of the C-Max League.

## TOUGHENING UP

*fitness magazine* quizzed three prominent participants of the sport on how they keep fit for roller derby scrimmages.

## CLAIRE 'MISS MALICE'

**Claire Hayward, also known as Miss C Malice, loves the combination of aerobic and anaerobic exercises to increase her strength and endurance.**

"Much of what we do is tailored around the sport of roller derby. I try to train smart because I believe

it is possible to push yourself to your limit without injury if you listen to your body and what your coaches tell you to do."

Hayward does a lot of running and lap sprinting on skates.

"I used to practise falling and getting up when I first started

skating, but now I just do skate burpees. This is similar to falling and getting up because it works the same muscles. I now spend approximately eight hours a week on skates. I think time spent on skates is what is most important for roller derby."

Hayward says the girls also use weights to train. "We use barbells, dumbbells and kettlebells to train, but also rely on bodyweight exercises in our training. We also lift, lunge and squat by using our teammates when we're not using weights."





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## PHILIPA 'PIPPA'

**Philippa "Pippa" van Welie from Johannesburg's C-Max Roller Derby League competed in last year's Blood and Thunder Roller Derby World Cup in Dallas, Texas. History was made then when the first team from South Africa, and the African continent, participated in only the second international derby tournament of its kind in the world.**

The first took place in Toronto in

2011. Van Welie represented South Africa in Dallas under the name of Team ZA because the sport is not recognised by the South African Sports Confederation and Olympic Committee (SASCOC).

According to Pippa, the physical demands of the sport require intense cross training and strength development to be competitive on skates. "Core strength is extremely important in roller derby," she says. "Your core muscles assist with stability, balance and good form.



If you have sufficient core strength you are less likely to fall badly during

a bout," says Van Welie.

In roller derby training a lot of emphasis is put on high-intensity workouts to build endurance and strength. "We work on exercises that push us to the limit of what we can handle," continues Pippa. These include running with a teammate on your back. Sprints and jumps are followed by exercises like squats or push-ups with no rest between sets. "On skates we combine sprints with aggressive stops which utilise all those core and leg muscles to the maximum!"

**Hillary says that,** at the end of the day, each girl is responsible for their own fitness. "It also depends on what team you're in. Home teams do their own fitness and travelling teams get additional training from our coach, Nic Chalmers." She has also started to do extra CrossFit training to add extra muscle for future slam sessions. "Some girls just use the skating time for their training. This eventually catches up with you when you start competing at a higher level."



## CAROLINE 'CROW'

**Caroline 'Crow' Hillary relies on a mixture of CrossFit and endurance training to become as tough as nails for a 'jam'. "We don't have an off-season like other sports – we train throughout the year."**

Core exercises performed by Hillary include sit-ups, V-ups also commonly known as jackknives, hollow rocks and Russian twists. She also performs planks every day. "I do some ballet and use a thera-band to stretch my body. The all-round conditioning we get helps a lot in preventing injury. We also practise sprinting on our skates. We have to be able to skate 27 laps in five minutes – that is the international standard." Hillary hopes that roller derby will one day become as popular as sports like cricket and rugby.

## HIGH IMPACT

However, as it is a full-contact sport, even the most prepared athlete can expect a few bumps and bruises. Torn ligaments and bruises are common in the sport where participants are allowed to use the side of their hip or shoulder to knock someone down.


Pippa believes the stronger participants are less likely to get injured though. "Being able to avoid falling awkwardly, which is easy on skates, is important during a bout. Working on your strength is and always will be super important."

She says skaters are also thoroughly educated on injury prevention. "We focus a lot on off-skate training before a skate practise session. Our sport is still young and not a lot of academic research has been done on the long-term effects of roller derby on the body, but we are developing better equipment, ways of coaching and techniques that help reduce injury all the time."

Girls are advised to go to their doctor if they have small niggles because if left unchecked they could turn into more serious injuries. "There is little we can do about the bruises though," Pippa jokes. The sport does try to do its bit by penalising hits to the face, swearing and nudging someone using elbows. Penalised players will spend time in the sin bin.

Hillary says fall and get-up drills are regularly performed during training. "We have to get up in three seconds after falling on the track – it's quite hardcore and you develop real stamina from doing this. It is awesome to see girls persevere and push through their mental and physical barriers though."

## READY TO ROLL

If roller derby sounds like something you'd be interested in visit [www.cmaxrollerderby.com](http://www.cmaxrollerderby.com) or Cape Town Rollergirls on Facebook for more info on local leagues and jams. Events include themed bouts, rookie and A-level training and league matches, offering something for everyone regardless of skill level. 





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## How the foods we eat affect the condition of our skin

BY MELANIE HEYNS, Features writer

# EATING FOR A BETTER COMPLEXION

*You already know that a well-balanced diet that contains lots of those dark leafy greens, some dark chocolate, and citrus can help beat chronic conditions such as heart disease and diabetes. But did you know that the food you eat can do the same wonders for your skin?*

**F**or instance, did you know that skin disorders such as acne, rosacea, hives, dermatitis and psoriasis can signal food allergies? Acne and rosacea

are both inflammatory conditions and are aggravated by poor dietary habits such as consuming too much dairy. Hives is caused by foods that naturally contain salicylates such as apples, pineapples, cherries, tomatoes, cucumbers, apricots, oranges, green peppers and peanuts.

Dermatitis herpetiformis, which appears in the form of small red blisters and bumps, is commonly found on the elbows, back, knees and buttock area and is caused by gluten sensitivity. Psoriasis will appear on the skin in the form of thick, white, silvery, or red patches and is often aggravated when people consume potatoes, tomatoes and peppers.

So what are you supposed to eat for that clear complexion and what can

help with the recent bout of eczema that has developed on your arm? For these answers and more we turned to registered dietician, Dr Christa North. **She says that the worst foods for your skin include:**

**SUGAR:** Foods such as refined carbohydrates and processed sugar in the form of sweets, chocolates and sugary drinks that increase blood sugar levels triggers the release of the hormone insulin, which is required to help muscle and liver cells absorb the sugar. In a 2007 study consisting of 43 teenage boys and young men with acne, one group followed a diet that included foods with a low glycaemic load (GL) for three months, while the others ate a carbohydrate-heavy diet without controlling the GL. Those who ate the low-GL diet had more improvement in their acne. However, not all the studies conducted in this regard are in agreement.





Acne and rosacea are both inflammatory conditions and are aggravated by poor dietary habits such as consuming too much dairy.

#### Proinflammatory foods:

Foods that promote inflammation can affect the collagen in the skin negatively through inflammatory substances called Advanced Glycation End-products (AGEs). **These include:**

- **Potato crisps and french fries**, and anything that's deep-fried in oil can add to inflammation throughout your body.
- **Doughnuts and sugary pastries**. They're packed with sugar, which is linked to inflammation, and harmful trans fats.
- **Hot-dogs, cold meat and pepperoni**. Processed meats are usually high in saturated fats and have nitrates in them. Both can lead to inflammation.
- **Fatty meats**. As saturated fatty acids can have a proinflammatory response it is a good idea to keep your cuts of meat as lean as possible. Tenderloin cuts tend to be leaner. Look for ground beef that is at least 95% lean. Ground turkey breast or chicken breast are also great options.
- **Alcohol**: Moderate drinking may be good for your heart, but heavy drinking can rev up the ageing process and produces more damaging free radicals. A 'moderate' intake is one drink per day for women.



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Unlike everyday juicers and blenders that remove all of the fibrous pulp from fruits and trap the best vegetable chunks in their blades the NutriBullet breaks down (even the toughest) raw ingredients to their most digestible, most nutritious state. Easy to operate - and to clean - it's the ideal companion on the road to a healthy lifestyle. And that's why it's the fastest selling kitchen appliance in the world today (having racked up sales of 14 million units since mid 2012).

Available in SA through selected retailers. Also available online at [www.nutribullet.co.za](http://www.nutribullet.co.za), **R1995**, delivery included.

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## WATER

A general lack of evidence exists to prove that an increase in water intake will improve skin conditions. However, dehydration can cause certain skin conditions or affect skin quality. Our skin is important in maintaining the body's water levels and preventing water loss into the environment. Skin dryness is usually associated with exposure to dry air, prolonged contact with hot water and scrubbing with soap (both strip oils from the skin), medical conditions and medications.

## DAIRY

Some studies have shown associations between dairy and acne. One explanation put forward is that milk contains components related to the hormone testosterone that may stimulate oil glands in the skin, setting the stage for acne. The proof is in the testing: if the skin clears up after cutting out dairy it means it was part of the cause. However, dairy is an important source of calcium and vitamin D and those nutrients need to be replaced if cut out of the diet. Also, some people can drink small amounts of milk and stay acne-free or try different kinds of dairy such as unsweetened yoghurt from cows or milk from other animals such as goats.

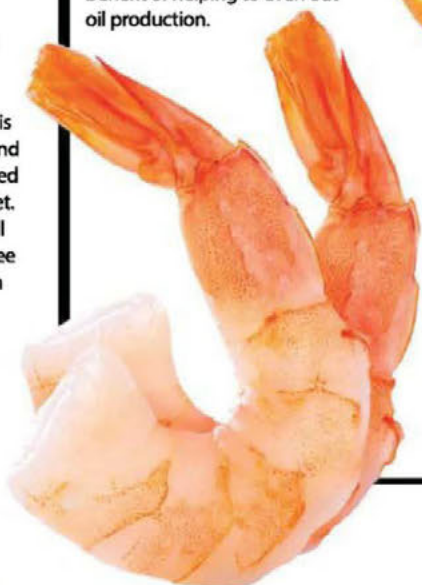


## FOOD AS MEDICINE

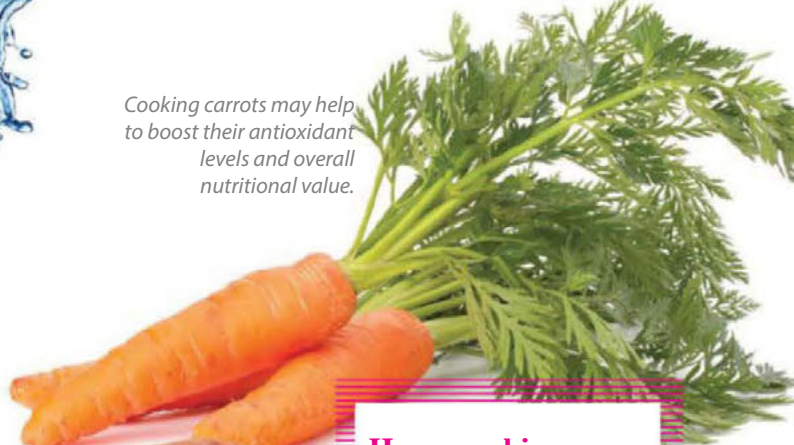
In much the same way as what we ingest can work against our skin from the inside out, what we eat can also help to improve the condition of our skin. **A few foods that will help improve your skin include:**

**OILY FISH:** Our bodies have their own natural anti-inflammatory compounds and oily fish can help the body produce even more of them. Therefore increasing your fish intake will help reduce the pain and 'rawness' of bad skin. Fish like mackerel, herring, trout and salmon are also great sources of omega-3 essential fatty acids. These compounds are important constituents of cell membranes, including skin cells, so they'll noticeably improve the quality of your skin.

**PRAWNS:** Prawns and shellfish are especially good for acne sufferers because they're packed with zinc, which helps speed up the rate at which wounds and infections heal. Zinc also carries the added benefit of helping to even out oil production.



*Cooking carrots may help to boost their antioxidant levels and overall nutritional value.*



## ORANGE FOODS:

The orange colour of foods such as carrots, sweet potatoes and mangoes comes from a compound called beta carotene, which is a type of antioxidant that builds up in the skin and can help reduce inflammation. Beta carotene also protects the proteins in our skin that keep it supple, which aids as an anti-ageing benefit.

## How can skin conditions be treated with food?

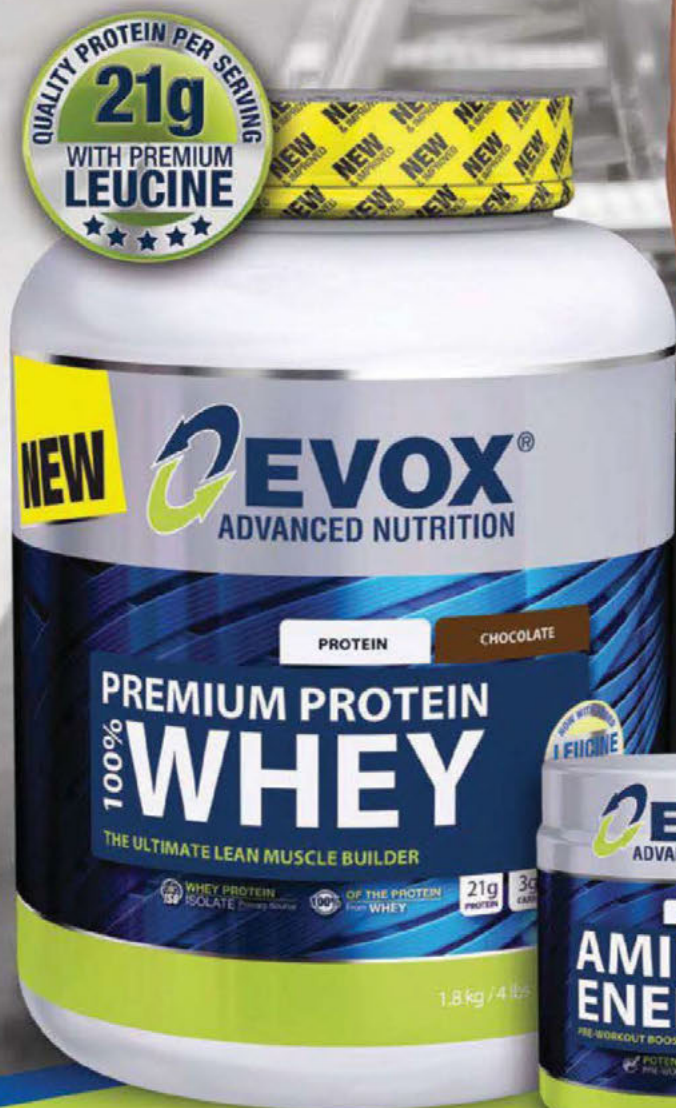
- 1. Take stock of your current food intake** and evaluate what you eat in excess and what you may be lacking. A dietitian can review it for you.
- 2. Control sugar intake:** Change to a low-GL and/or sugar-free diet.
- 3. Eat foods with anti-inflammatory properties.** Check food labels on baked goods and crackers, and avoid partially hydrogenated oils and vegetable shortening, as well as trans fats.
- 4. Eat a lot and a large variety of fresh vegetables with deep and bright colours.** These will provide a variety of antioxidants that dampen free-radical damage and inflammation.
- 5. Ensure your intake of omega-6 and omega-3 fatty acids is balanced according to your body's needs.** Modern diets are rich in omega-6 fatty acids due to the all vegetable oils in modern processed food and cooking practices. Free-range beef and eggs, and oily fish such as salmon and mackerel are rich in omega-3. You can also consider taking fish-oil supplements.
- 6. Test for food allergies.**
- 7. Drink enough water** to meet your basic requirements at the very least: 30ml per kilo of your ideal body mass. For example, a 60kg person will need a minimum of 1.8l of water per day.

**Prawns and shellfish are especially good for acne sufferers.**



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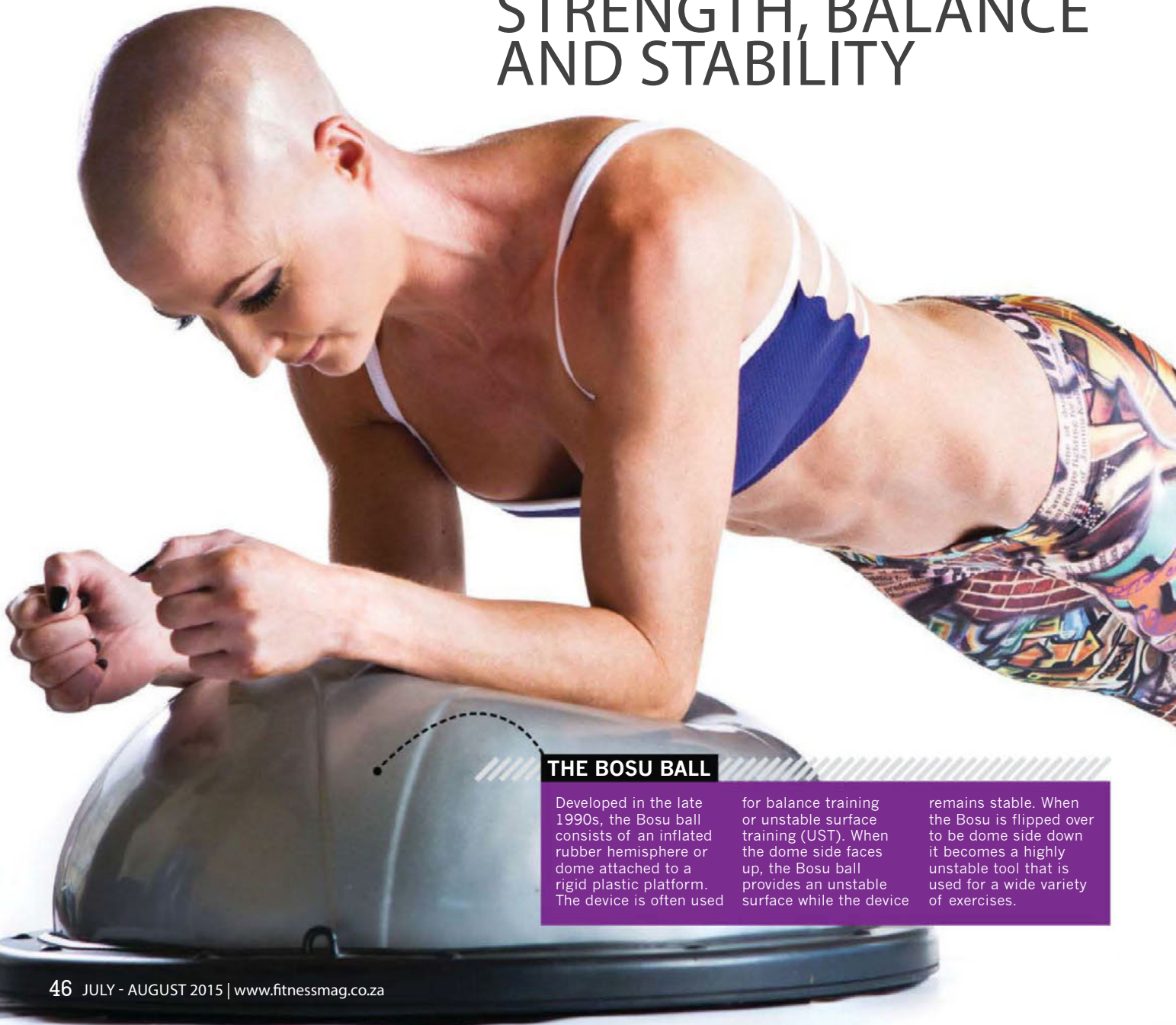
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# FULL BODY BOSU

WHEN IT COMES TO DEVELOPING STRENGTH, BALANCE, AND STABILITY, BE IT FOR REHAB OR A MORE PROACTIVE APPROACH TO PERFORMANCE, THE BOSU BALANCE TRAINER OR BOSU BALL, AS IT IS COMMONLY REFERRED TO, IS OFTEN THE 'GO TO' PIECE OF EQUIPMENT FOR MANY TRAINERS AND BIOKINETICISTS.

## TARGET MULTIPLE AREAS OF FITNESS LIKE ENDURANCE, STRENGTH, BALANCE AND STABILITY



### THE BOSU BALL

Developed in the late 1990s, the Bosu ball consists of an inflated rubber hemisphere or dome attached to a rigid plastic platform. The device is often used

for balance training or unstable surface training (UST). When the dome side faces up, the Bosu ball provides an unstable surface while the device

remains stable. When the Bosu is flipped over to be dome side down it becomes a highly unstable tool that is used for a wide variety of exercises.



# the workout

## Circuit A – Perform 3 rounds.

Rest period of 60 seconds between rounds.

1. Bosu Quarter Jumps **5 revolutions per side**
- Superset with
2. Lateral Shuffles **10 shuffles per side**

## Circuit B

### Sets / Reps

Perform 3 times. Rest period of 45 seconds between moves.

1. Burpee Bosu Bounce **10 Burpees per side**
2. Bosu Ball Slams **15 Slams**
3. Bosu Push-Ups **10 Push-ups**

## Circuit C - Perform 3 rounds.

Rest period of 45 seconds between moves.

1. Planks **30 seconds hold**
2. Side Planks **30 seconds hold**
3. Hip Raise w/Knee Drive **12 per side**
4. Scissor Planks **15 reps**

## AN INTEGRATED APPROACH

To get the most from a Bosu ball or any other UST device outside the rehabilitation environment, it is best to combine specific functional exercises with a comprehensive resistance training programme that consists of the key compound exercises performed on stable surfaces.

To be effective, exercises performed on the Bosu ball need to be functional to meet a specific purpose. Simply performing common exercises on the ball as a means to make them more effective is misguided, as a 2009 study shows. The study, published in the International Journal of Sports Physiology and Performance, didn't find any advantage in utilising the BOSU Balance Trainer™ for greater core activation during the specific lifts – the back squat, deadlift, overhead press,

and curl – performed by study participants while standing on the Bosu as opposed to a stable surface. However, it is worth noting that enhanced stability is about more than just your core. A number of accessory muscles, be they joint stabilisers or agonist muscles (those that work together during movements), also perform important stabilisation roles during numerous daily activities and human movement, be it in the gym, on the field or out on the road.

So, to think of the Bosu ball as a cure-all solution to muscle imbalances and poor core stability discounts the value of the tried and trusted exercises we know work. However, when used correctly the Bosu can assist in further improving stability and balance (yes, these are distinctly different), proprioception and kinaesthetic awareness, while also adding variety to a programme.

## BETTER BALANCE AND STABILITY AND A LITTLE FUN, WITH BOSU BALL TRAINING



## BOSU QUARTER JUMPS

Stand on top of the Bosu with your feet positioned hip-width apart and a slight bend in your knees.

**THE MOVE:** Jump up performing a quarter turn to your right. Land

back into a semi squat position. Continue the movement, making quarter turns to your right with each jump. After a complete revolution repeat the turns to your left.



## LATERAL SHUFFLES

Stand next to the Bosu ball with your feet positioned shoulder-width apart and a slight bend in your knees.

**THE MOVE:** Step to the side

and onto the Bosu with both feet and then over to the other side in a fast-paced manner. Repeat the movement back to the starting position.

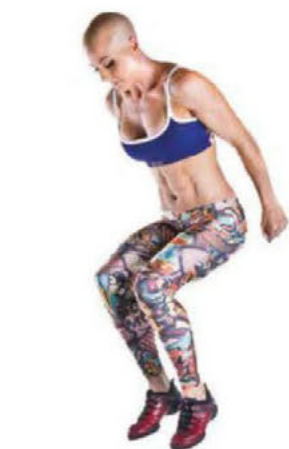


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## BURPEE BOSU BOUNCE

**THE MOVE:** With a Bosu ball in front of you, perform a burpee by placing your hands on the ground behind the Bosu. Jump your feet back so that you are in the extended plank position.

Bring your feet back in so that your knees are under your chest. From this position, jump forward on top of the Bosu ball. Jump off it immediately, and repeat the movement sequence.

FOCUS ON EACH STEP OF THE EXERCISES AND REMEMBER TO BREATHE THROUGHOUT THE MOVEMENT.

## BOSU BALL SLAMS



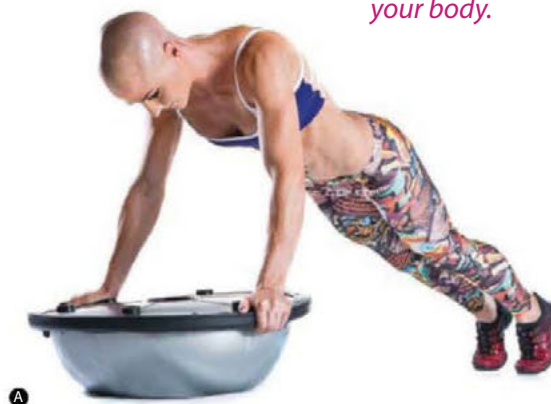
**THE MOVE:** Stand on top of a Bosu ball with a medicine ball held in both hands. Raise the ball up then drop down into a semi-squat position. As you do so release the ball and slam it into the ground. Catch the ball and repeat.

## BOSU PUSH-UPS

Flip the Bosu ball onto the dome. Place your hands on the platform and balance yourself on the dome.

**THE MOVE:** From the extended plank position, with your legs positioned shoulder-width apart, perform the push-ups.

*Bosu stands for 'both sides up'. Whether you train with the ball facing down or up, you can use it as a fitness tool to work every part of your body.*





# CRANK UP THE CORE WORK!



**Progression 1:**  
Add alternating single leg lifts.  
**Progression 2:**  
Flip the Bosu ball over onto the rounded side and perform the exercise.

## PLANKS

Place your forearms on the dome in a plank position. Ensure your shoulders are over your elbows. Your body should be straight from head to toes.

**THE MOVE:** Squeeze the glutes and pull abdominals tight into your spine.



## SIDE PLANKS

Rest your feet on the dome with one arm on the ground, lying on your side.

**THE MOVE:** Stack your one foot on top of the other and lift your hips off the ground. Keep the abdominals contracted and core tight to maintain a straight posture. Repeat on the other side.

**THE BOSU BALL IS PERFECT FOR ENDURANCE, STRENGTH, BALANCE AND STABILITY.**

**BOSU PLANK TIPS:**

- CONTROL YOUR BREATHING.
- KEEP YOUR CORE TIGHT THROUGHOUT.
- DO NOT ALLOW YOUR HIPS TO SAG.
- KEEP YOUR BODY IN A STRAIGHT LINE.



## HIP RAISE WITH KNEE DRIVE

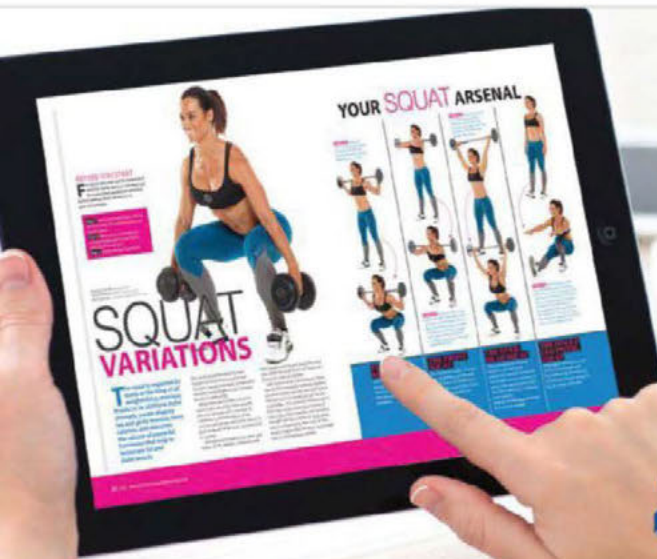
In a side plank position, with your foot on the Bosu ball, raise your hips up.

**THE MOVE:** As you reach the top position drive the knee of your outer leg up. Repeat for the required reps then swap sides.



## SCISSOR PLANKS

**THE MOVE:** With your forearms on the dome and your body in the extended plank position, with your feet together, engage your midsection and kick one foot out to the side. Immediately kick your feet back together and repeat the movement on the other side. Keep your body aligned and hips elevated throughout the movement.



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WRITTEN BY Pedro Van Gaalen, Managing Editor  
 PHOTOGRAPHY Richard Cook  
 DRESSED BY Freddy

# Jenadine HAVENGA

FROM BEAUTY QUEEN TO FIT MOM,  
 THEN WBFF FITNESS DIVA PRO

**J**enadine Haviga burst on to the competitive stage in 2013 notching up three podium placings in as many competitions, all in the space of just two months. This driven mother and entrepreneur then used the platform she created through her hard work and dedication to chase her dream of becoming a sponsored athlete. As her pictures and her story attest, Jenadine has achieved everything she has set her sights on, and by all accounts there is still a lot more to come from this dedicated Fitness Diva.

## WHAT WAS IT THAT DREW YOU TO THE COMPETITIVE STAGE?

In 2013 I finally entered the USN Face of *fitness* cover model search. I wanted to enter the year before but I fell pregnant. I had been following the competition closely for years and every time someone won and I read how it changed their lives – the cover, the lifestyle and the sponsorship – I became even more motivated to do the same. I also read that many of the finalists were in the industry, mainly as personal trainers or instructors, so I wanted to show that I could achieve the same feats as a full-time working mom. I then decided to compete that same year to help me get into shape and also get my face out there. I came third in my first competition, second in the next show I entered, and then got my first win at my third attempt. This all happened in the space of just two months. I never expected to do so well, but then the bug

really bit and my profile in the industry began to grow.

## YOU'RE A MOTHER TO A BEAUTIFUL YOUNG LADY. HOW DID YOU REGAIN YOUR BODY AFTER PREGNANCY?

I put a photo of WBFF PRO Andreia Brazier on my phone as a screensaver. It was the first image I saw when the alarm on my phone went off at 5am and I used that as my motivation to start training and eating to regain my body. I started by running in the morning before my daughter Jemma woke up, and then started training in the gym in March 2013.

## WHAT ARE SOME OF THE CHALLENGES YOU FACE AS A MOTHER AND COMPETITIVE ATHLETE AND HOW DO YOU OVERCOME THEM?

Making healthy lunches and dinners for Jemma while staying strict with my diet is tough. I also try to include her in everything I do to make life





fun for her, whether it is posing practice or getting her involved in a home workout or photo shoot. She also wants to share all her treats with me which can be a real temptation.

### WHAT'S A TYPICAL DAY IN YOUR LIFE LIKE?

I'm usually awake by 6am to prep the day's meals and make breakfast for everyone. I then get kids ready for school. After the school run I do fasted-state cardio for an hour, then I eat my breakfast. I then catch up on emails and check what my requirements are for the day. I then plan and schedule my social media posts for the day before setting off to do deliveries for my clothing sponsor Freddy. I do my weight training at about midday. I then get to all my hairdressing client appointments, which mainly consist of doing hair extensions. I do this for a number of athletes so I get really busy during the competitive season. I then fetch Gemma at 2pm and we do grocery shopping together. I will spend quality time with her in the afternoon and might train again at 5pm if I couldn't get to the gym in the morning or missed my weights session. In the evening I make dinner, prep food for the next

day, bath Gemma and put her to bed. I then settle in and watch a bit of TV to unwind and then go to bed.

### WHAT IS YOUR APPROACH TO A HEALTHY AND FITNESS-FOCUSED LIFESTYLE?

I regularly set goals as I need to have a goal to work out and eat with any purpose, and I also love competing. Being a USN-sponsored athlete and a Freddy representative means I also need to be in shape all year around to do shoots and represent the brands. However, I also feel that you need to enjoy what you do and what you eat. If you don't then **maybe this lifestyle isn't for you.**



### WHAT IS YOUR CURRENT TRAINING SPLIT?

**DAY 1:** Quads and calves  
**DAY 2:** Glutes and hamstrings  
**DAY 3:** Back and biceps  
**DAY 4:** Chest, shoulders and triceps  
**DAY 5:** Abs  
*Saturday is just cardio and I rest on Sunday. I mainly do 3 sets of 10-15 reps and up to 20 reps before a comp with lighter weights.*

### WHAT ARE THE IMPORTANT TRAINING PHILOSOPHIES THAT YOU FOLLOW?

I think it is important to build up slowly in terms of weight and focus on getting form and technique right first. Even for women, weight is relative, but they should never sacrifice form for more weight.

### HOW DO YOU APPROACH DIET AND NUTRITION, BOTH FROM A COMPETITION AND GENERAL LIFESTYLE PERSPECTIVE?

I try to eat five times a day. My diet is higher in protein, but I ensure that I get in a variety of protein sources such as eggs, ostrich, fish and chicken. I generally stay away from carbs, even when we eat out. If I do eat a few carbs they come from natural sources such as brown rice and sweet potato. I also eat fruit that contains fibre. I get essential fats and oils from almond butter and avos. I eat pineapple after training. I stay away from fizzy drinks and fruit juice; I only drink water and coffee. This approach has become easier over the years as I've become more conscious of the effects of what I eat and drink have on my health and my body.

### WHO HELPS YOU WITH YOUR STAGE PREP, AND HOW HAVE THEY ADDED VALUE TO YOUR APPROACH?

I started with Stian Ras after I asked him to help me develop my lagging legs. I basically took a year off to work on my legs and glutes as those are the reasons I placed second at the WBFF SA in 2014. I now work with UK-based Tom Brazier ([www.tbconditioning.co.uk](http://www.tbconditioning.co.uk)). He is an expert with nutrition and he changed my diet completely. He showed me that what you eat is often more important than your training, and my body has responded amazingly. Before I met him I lived off broccoli and hake. I think this is the problem that

most athletes face as not everyone is sufficiently clued up on proper nutrition. He also emphasises my glute work as that can often be the area that separates the podium places on the global stage; the international athletes all have amazing butts. Local girls would benefit greatly from putting more focus on that aspect of their physique development. **Tom also tries to achieve a healthier,**

**fuller look, not the drained and depleted state that is so often prevalent on local stages.**



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### WHAT DO YOU LIKE TO DO TO RELAX?

I live for my weekends as that is family time. We love to explore new places, and try new things, and I love to take photos while we're doing it as photography has become a new hobby of mine.



'I THINK IT'S IMPORTANT TO BUILD UP SLOWLY IN TERMS OF WEIGHT AND FOCUS ON GETTING FORM AND TECHNIQUE RIGHT FIRST.'

### Quick facts:

**Favourite music to train to?** Hip hop or AC/DC's Thunderstruck when I need a dose of inspiration.

**Favourite colour?** Gold.

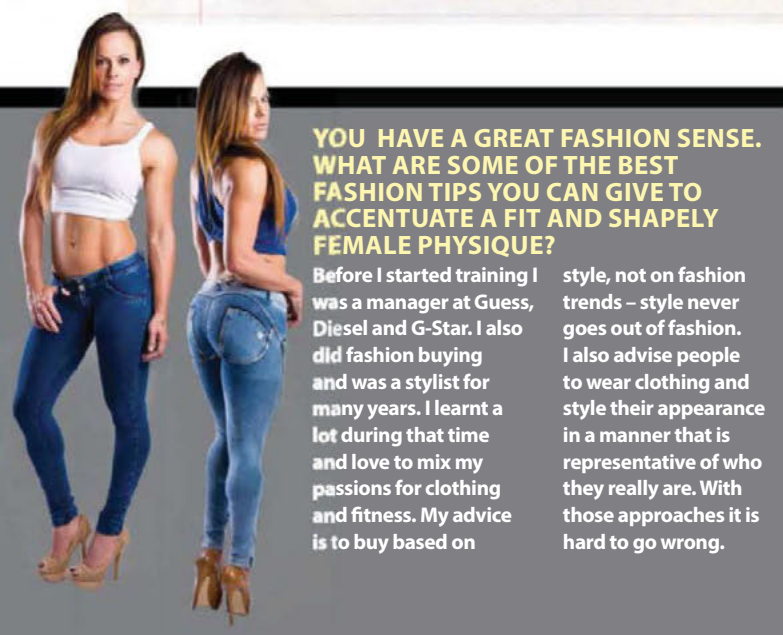
**Favourite exercise?** Glutes and legs.

**Favourite cheat meal?** Chocolate or peanut butter cake.

**Favourite book and magazine?** *The Secret* and *fitness* magazine.

**Favourite holiday destination?** Any place with a beach.

**What's in your gym bag?** Towel, earphones, BCAAs, water bottle and my USN shaker filled with Whey Ultra-100. I also started swimming recently so I have my costume, goggles and swim cap in there.



### YOU HAVE A GREAT FASHION SENSE. WHAT ARE SOME OF THE BEST FASHION TIPS YOU CAN GIVE TO ACCENTUATE A FIT AND SHAPELY FEMALE PHYSIQUE?

Before I started training I was a manager at Guess, Diesel and G-Star. I also did fashion buying and was a stylist for many years. I learnt a lot during that time and love to mix my passions for clothing and fitness. My advice is to buy based on

style, not on fashion trends – style never goes out of fashion. I also advise people to wear clothing and style their appearance in a manner that is representative of who they really are. With those approaches it is hard to go wrong.

### WHO DO YOU ADMIRE IN THE INDUSTRY AND WHY?

If I'm honest it is Andrew Carruthers. He is the only person in the industry who promotes the sport on all levels for the brands involved, the federations and, especially, the athletes. It is tough to make a living from this sport. You therefore have to find things that will give you the inspiration you need to keep going. That's either success at competitions or something else, and the platforms he has created through the magazines are perfect. They give athletes something to work towards and you have to work hard for a place on the pages of those mags. He is also very honest which is why many people in the industry respect his opinion and hold him in high regard.

### YOU'VE MENTIONED YOUR USN SPONSORSHIP. HOW DID YOU GO ABOUT SECURING A DEAL WITH SOUTH AFRICA'S BIGGEST SUPPLEMENT MANUFACTURER?

I initially tried to secure a sponsorship by entering the USN Face of *fitness*, so when that didn't happen for me I used the other opportunities it presented, like a Muscle Evolution babe feature and placing well at shows to demonstrate my potential value to the company. My initial proposal didn't get accepted but after my second place at the 2014 WBFF SA show USN finally agreed to sponsor me. It was the best thing for me as I really wanted to be a USN-sponsored athlete. Thankfully someone had given me great advice, which was to wait for the company you want to be associated with rather than go with the first company that approaches you, which is normally a decision taken out of desperation. I had been using USN products for a while and loved the range, and the results, so I was extremely happy to achieve my goal. They really look after their athletes and if you deliver the value they're looking for it is a very synergistic and beneficial relationship to have.


### WHAT SUPPLEMENTS DO YOU USE?

I use USN Phedra-cut Hypercore in the morning before cardio. After every meal I take CLA. From the afternoon I use Phedra-cut Lava Sticks in my water. In the evening, before cardio, I use USN Water Slim Packs. In addition I use USN Amino-lean BCAA before, during and after my weight training sessions. I also love to use the USN Collagen + CLA if I get tired of downing all those tablets. I also drink glutamine once a day to aid recovery and after training I use my USN Whey Ultra-100 Premium chocolate shake.

### YOU ARE A WEALTH OF IDEAS AND HEALTHY RECIPES, INCLUDING THE MOST DELICIOUS BAKED GOODIES. WHERE DO YOU GET YOUR CREATIVE FLAIR IN THE KITCHEN?




When I'm not competing and have a craving I love to think about giving tasty recipes a healthy spin. I also like to be in control of the ingredients that go into the treats my family and I eat so I prefer to make things from scratch. I also really like to bake, and I love to use the USN Lean-8 cinnamon flavoured whey in many of my recipes. In terms of cooking, I'm always looking for ways to make healthy, convenient meals and dishes with the least possible effort so that other people can also benefit from my ideas.

### WHAT ARE YOUR PLANS FOR THE FUTURE, BOTH IN TERMS OF YOUR COMPETITIVE AND PROFESSIONAL CAREERS?

I would love to compete in Vegas this year at the WBFF World Championships and then travel a bit. I also have a new business concept that I'm working on, aimed at the fitness industry, which I am very excited about, but you'll have to watch this space for more info. 

*Ed's note: Jenadine won her line-up at the 2015 WBFF SA event and in the process secured her pro card.*

### For more info:

-  Jenadine Havenga
-  MissPTA09
-  Twitter: @Jenadine



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BY MANUELA INCENDIARIO, Certified  
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## A CLOSER LOOK AT THE PERMANENT MAKE-UP OPTION

# A LONGER LASTING LOOK

**G**etting tired and annoyed with having to apply make-up each and every day? Perhaps you've considered going the permanent route but have been too scared to try it or are unsure of how it works. **Manuela Incendiario, a certified permanent cosmetic professional, personal trainer and previous USN Face of *fitness* finalist answers all of these pressing questions.**

"The best thing is to look natural, but it takes make-up to look natural."

– Calvin Klein

### DEFINING THE CONCEPT

**Permanent cosmetics offer a wonderful alternative to the daily ritual of applying make-up. Also known as permanent make-up, micro pigmentation, semi-permanent make-up or cosmetic tattooing, the results can be as natural and understated or as dramatic as you wish, creating a long-lasting look to enhance your appearance.**

Permanent cosmetic enhancement can be used to enhance your eyes, brows, lips and cheeks with a soft, natural finish that has the appearance of perfectly applied make-up.

This remarkable effect is achieved in clinical conditions by infusing hypoallergenic pigments into the dermal layer of the skin, where they remain permanently, but then gradually fade over time. Designs that are the most common are those that resemble make-up, such as eye lining and other permanent-enhancing colours to the skin of the face, lips and eyelids.

Whether you're a busy professional on the go, the sporty outdoor type, suffer from make-up allergies, have poor eyesight or unsteady hands, or simply want to look good 24/7, you could be the perfect candidate for permanent cosmetic enhancements.

### WHAT CAN I EXPECT?

Before the enhancement procedure you will receive a comprehensive consultation during which you will have the opportunity to discuss the results you wish to achieve and how permanent make-up can enhance your appearance. A qualified expert will be able to identify the micro-pigmentation shades that will work with your hair, skin and eye colour. Your facial features will also be analysed to determine the most complimentary look for your individual requirements.

### DOES IT HURT?

Before the permanent make-up process begins, a topical numbing agent will be applied to your skin to reduce the level of discomfort felt during the procedure.

### HOW ARE THE PROCEDURES DONE?

Hypo-allergenic pigments are infused into the dermal layer of the skin using state-of-the-art computerised micro-pigmentation equipment that meets international health and safety requirements.



### WHAT SIDE EFFECTS ARE THERE AFTER THE PROCEDURE?

Immediately after the infusion process your permanent make-up enhancement will display mild redness and swelling, but that shouldn't last longer than 24 hours. The enhancement will also appear a darker shade than the desired result for approximately one week. You will also be given strict aftercare instructions after your procedure to ensure the desired outcome is achieved.

### WHAT ABOUT FOLLOW-UP SESSIONS AND ENHANCEMENTS?

A follow-up session is generally scheduled for 4-6 weeks after the procedure, which offers sufficient time to allow the cosmetic professional to refine your enhancement by paying particular attention to fine detail. The enhancement will gradually fade over a number of years leaving a barely-there haze of colour on the skin. Most people opt to do a booster to their permanent make-up enhancements every 12 months in order to refresh their look, referring to their enhancement as 'low maintenance make-up'. The booster procedure is charged at a low-cost maintenance price.

### WHAT OTHER PROCEDURES CAN BE DONE?

Specialist medical tattoo techniques are also available for scar camouflage, correctional techniques and areola or cleft palate reconstructions.

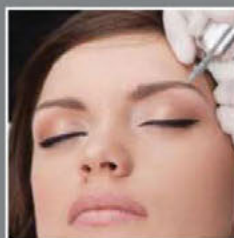
### HOW PERMANENT IS PERMANENT MAKE-UP? WHAT IF I DECIDE THAT I DON'T WANT IT ANY MORE?

The pigmentation of permanent make-up may fade over time, particularly under the effects of sunlight or when using colours like light brown tones for the eyebrows. It usually lasts for a 3-5 year period, sometimes more, before fading significantly. Touching up the enhancement may be required to restore the original colour as early as one year after the original procedure. Many procedures can last a lifetime with little to no intervention though.

Permanent make-up can give you the brows you want, eliminating the need for costly eyebrow enhancement kits and saving time in your daily routine.

## TYPES OF PROCEDURES

**EYEBROWS:** Professionally shaped eyebrows can instantly give you a more youthful, 'rested' appearance. Beautifully and expertly shaped brows, customised in conjunction with your bone structure, provide an uplifting and refreshed appearance to the entire eye area. Cosmetic dermatologists use botox and other injectable fillers to achieve similar, but temporary, results. Permanent make-up will enhance your expression naturally for years to come.



**Are your brows too light or too sparse?** Permanent make-up can give you the brows you want, eliminating the need for costly eyebrow enhancement kits and saving time in your daily routine.

**EYELINER:** Permanent make-up does away with messy smudging and smearing of pencils and liquid liners, not to mention the stress of trying to achieve perfect application. Subtle or dramatic, customised permanent eyeliner will accentuate your eye colour and shape while beautifying your eyes by providing depth, definition, colour and the illusion of fuller lashes.



**LIPLINER:** Avoid misshapen, undefined, colourless or shrinking lips and bleeding lipstick with permanent make-up. With soft definition and either a natural colour or a flattering colour of your choice, your lips can once again be the beautiful full lips of your youth.

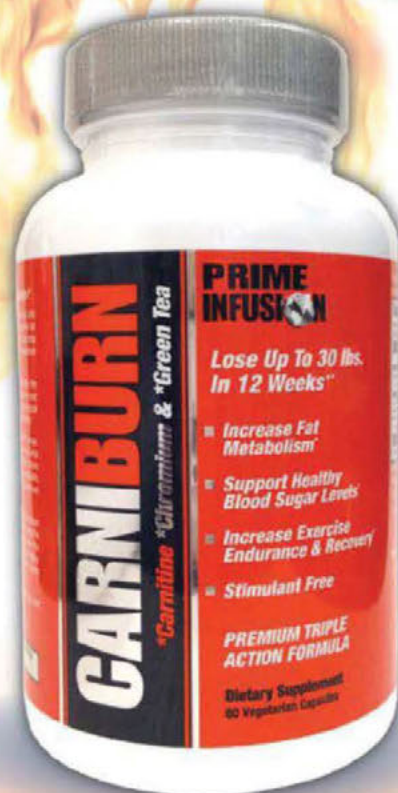


To find an accredited permanent make-up artist in your area visit [www.pcasa.org.za](http://www.pcasa.org.za). Alternatively, contact Manuela from Flawless Cosmetics for more details or a booking at [www.flawlesscosmetics.co.za](http://www.flawlesscosmetics.co.za).



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## BEFORE YOU START

**F**or those who may not be acquainted with the squat rack just yet there are a few important guidelines to follow before adding these variations to your programme.

**Step 1:** Learn proper technique (refer to previous issues for a full description on how to squat)

**Step 2:** Make sure you can perform a proper body weight squat before executing it under load.

**Step 3:** Master the back squat first.

MODELLED BY Anna Wood  
PHOTOGRAPHY BY Richard Cook  
DRESSED BY [www.boostgymwear.co.za](http://www.boostgymwear.co.za)  
SQUAT TIPS BY Lil Bianchi, strength & conditioning coach & owner of OTG Athletic

# SQUAT VARIATIONS

**T**he squat is regarded by many as the king of all weightlifting exercises thanks to its ability to build strength, create shapely leg and glute muscles, burn calories, and stimulate the release of powerful hormones that help to incinerate fat and build muscle.

The squat should therefore be your weapon of choice if you want to get stronger, change your body composition, run faster, jump higher or just maintain the best quality of life.

What many don't realise is that the squat is also one of the most versatile exercises around, with a number of variations to shift the focus of the exercise and simply add some variety to your workouts if the back squat has lost its appeal.

Strength and conditioning coach, and owner of OTG Athletic, Lil Bianchi adds

that "people need to get strong first, and your ability to squat heavy will always be limited by a lack of mobility".

With that in mind, and the basics taken care of, there should be nothing stopping you from racking up a bar and getting low. And just how low should you go? As low as possible... It's a common misconception that deep squats cause knee injuries. If you're injury free, have the core and back strength and the mobility to squat deep, and use proper form, then do it. In fact, studies suggest that the deep squat might help to improve knee stability.





# YOUR SQUAT ARSENAL

**FORM TIP:** Keep your heels on the ground. Keep your back straight and knees pointed in the same direction as your feet.



## THE BACK SQUAT

There's no greater tool for developing raw power, strength and muscle.  
*Great for targeting quads and glutes!*



**FORM TIP:** Position the bar in front of your shoulders, then either cross your arms and place your hands on top of the barbell, with your upper arms parallel to the floor, or place your fingers under the bar and your elbows up as high as possible (weightlifting style).

## THE FRONT SQUAT

This variation has great carryover into weightlifting and demands a great deal of core stabilisation. They're also a much better choice for those with mobility and flexibility issues.

**FORM TIP:** Keep the bar over your base once overhead, with your arms locked out. Squeeze your upper back and keep your chest tall. Squat using a wide stance.



## THE OVER-HEAD SQUAT

There is no place for overhead squats in a gym that lacks professional, experienced coaches. Few people have the mechanics to perform this squat properly under load. This is definitely an advanced squat variation.

*Great for developing greater lower back and core strength.*



**FORM TIP:** Place one leg straight out in front of you while squatting down with the other. Press back with your hips and squat all the way down until your glutes reach the Achilles of the bent leg at the bottom of the movement. Drive up, pressing your flat foot into the ground and extending the weight-bearing leg to return to the upright position.

## THE SINGLE LEG/PISTOL SQUAT

Bodyweight training aficionados can build raw strength with these difficult squats, while also developing solid joint strength in the hips, knees, and ankles.



# YOUR SQUAT ARSENAL CONTINUED...

## FORM TIP:

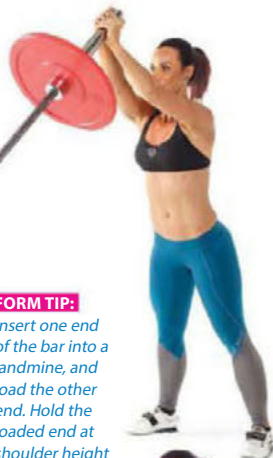
Hold dumbbells in either hand by your sides. Try to get the dumbbells down as close to the floor as possible without rounding your lower back or rotating your torso.



**Make squats a staple of your weekly routine and you will reap the rewards.**

## FORM TIP:

Insert one end of the bar into a landmine, and load the other end. Hold the loaded end at shoulder height as you perform the squat.



## FORM TIP:

Perform a deep squat. Push up hard through your heels. Explosively extend your body as you lift your feet off the floor and get as much height as possible.



## FORM TIP:

Hold a kettlebell with both hands in front of you, against your chest. Position your feet slightly wider than shoulder-width apart, with your toes pointed slightly outwards. Allow your elbows to drop inside your knees in the deep squat position.



## THE DUMB-BELL BOX SQUAT

Another great squat variation to develop core strength as you need to control rotational movement during this exercise. Start by perfecting the standard squat before progressing to the dumbbell movement.

## THE LANDMINE SQUAT

The movement arc created by the landmine and bar promotes better biomechanics, making this a great exercise for beginners to learn proper movement mechanics.

## THE JUMP SQUAT

A great variation to develop explosive power and speed.

## THE GOBLET SQUAT

This squat variation is one of the easiest to master as the weight is held close to your body. This makes it ideal for beginners.



## WHEN YOU SQUAT REGULARLY YOU IMPROVE YOUR FLEXIBILITY – SO RACK UP A BAR AND GO LOW



**FORM TIPS:** Hold a dumbbell in one hand by your side. Try to get the dumbbell down as close to the floor as possible without rounding your lower back or rotating your torso.

**FORM TIPS:** Position the bar behind your legs, then squat down and grasp the bar from behind with an overhand grip. Extend your hips and knees into the upright position, then perform a partial squat, until your thighs are parallel to the floor. Keep your hips low, shoulders high, arms and back straight throughout the movement.



### THE OFFSET DUMBBELL FARMER'S SQUAT

Another great squat variation to develop core strength as you need to control rotational movement during this exercise. Start by perfecting the standard dumbbell squat before progressing to the single dumbbell movement.

### THE HACK SQUAT

Choose a barbell over the hack squat machine as the strength development enjoyed when using free weights is much greater.

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BY Pedro van Gaalen, Managing Editor

How behavioural economics can help us achieve our health, fitness or weight loss goals

# FITONOMICS

**W**hile economics may be a subject that few people would, or would want to, associate with the world of health, fitness and weight loss, the fact of the matter is that behavioural economists have long been fascinated by many of the elements inherent in this industry.

What are the best tools to get people to commit to an exercise plan or diet? Why do diets fail? What are the best incentive strategies to reach your goals?

These are topics that contemporary behavioural economists have studied extensively as they try to make sense of the human decision-making process, many of which have been popularised by the authors of the best-selling book, *Freakonomics*, by University of Chicago economist Steven Levitt and New York Times journalist Stephen Dubner.



## Commitment devices

One of the more popular topics discussed in the *Freakonomics* books, the podcasts, and the blog is that of commitment devices, also known as self-binding.

Commitment devices are broadly described as a tool used to incentivise yourself to make an otherwise empty promise more meaningful; a way to get your future 'self' to stick to something your current 'self' wants or needs. The common inconsistency between the current 'self' and the future 'self' is often referred to as a projection bias, or dynamic or time inconsistency, by certain behavioural economists.

It is a concept closely linked with willpower and commitment to achieving a goal. The problem most of us face is failing to incentivise ourselves in any meaningful way, which is what we need to remain committed and see the process through to the end.

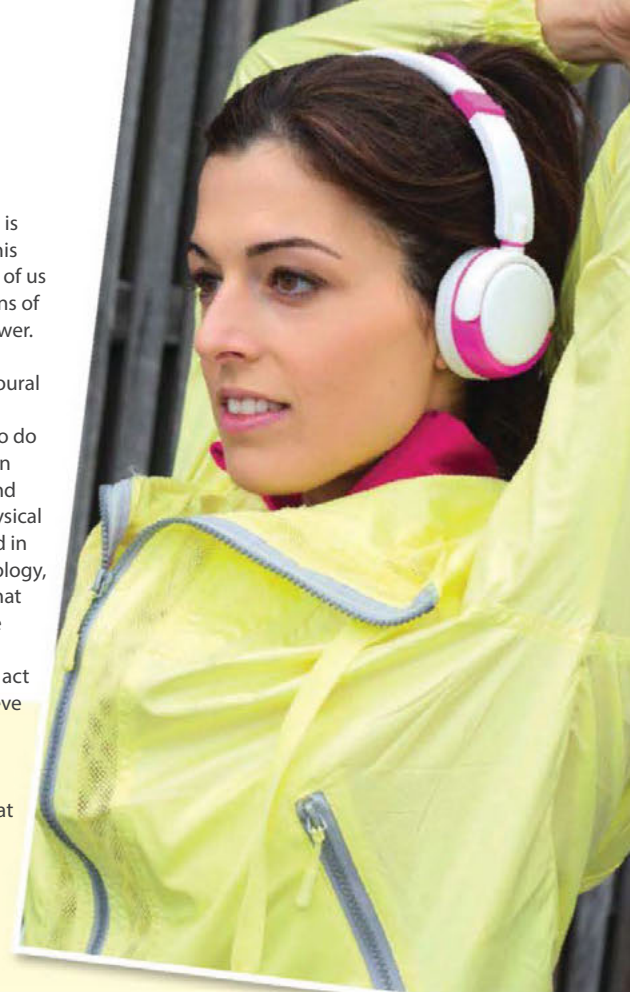
Take, for instance, a goal like losing 20 kilos. Many people will make this commitment to themselves, or they might take it a step further and write this goal down somewhere where they see it on a daily basis, or they might join a gym. However, these are generally hollow,

A commitment device incentivises you to make an otherwise empty promise more meaningful.

meaningless commitment devices as there is little or no repercussion if they fail. While this approach may work for some, most of us will fall prey to the human conditions of procrastination and a lack of willpower.

This is commonly known as the intention-behaviour gap, in behavioural economics lingo – the disconnect between knowing what you need to do and actually doing it. To help explain this concept, a systematic review and meta-analysis of studies on the physical activity intention-behaviour gap, published in 2013 in the *British Journal of Health Psychology*, found that this gap was 48%. This means that almost half of those who aimed to increase their physical activity levels in accordance with minimum healthy guidelines failed to act appropriately on their intentions and achieve their goal.

So, how do behavioural economists suggest we go about narrowing this gap between what we want to achieve and what we actually achieve?



## Incentivising success

It's all about the strength of the incentive, or the associated consequences. What we need is a commitment device that is meaningful and has serious implications should we fail to achieve our goal. As an example, making a contract that commits you to forfeiting a large sum of money or giving away something that holds a great deal of value to you if you don't follow through on your weight-loss plan is a more appropriate commitment device.

Having said that, commitment devices need to have two basic features to be successful. Firstly, you need to acknowledge that a gap exists between your intentions and your behaviour, and you then need to choose your preferred commitment device voluntarily. Being forced into something is a sure-fire way to undermine your motivation and commitment to the process, and your ultimate success.

As already mentioned, binding contracts with serious 'penalties' attached to poor performance, non-adherence or failure are often suggested as the ideal commitment device. Examples of this type of pre-commitment include making a substantial donation to a person or cause, preferably one you don't like or disagree with (this offers a greater incentive

"Nike+ also lets you set goals, and will help push and motivate you with expert coaching and reminders that sync with your calendar."

not to fail), or perhaps posting an embarrassing selfie of yourself on social media, should you fail to meet your contractual obligations.

However, modern technology has made things a little easier in this regard. For example, the Facebook app Aherk! employs the principle of light-hearted embarrassment on social networks. When registering with the app users are required to upload an embarrassing photo of themselves, which will be posted if you don't reach your goal. That's why this app is promoted as a "goal-oriented self-blackmailing service".

Virtual Fridge Lock is another app, this one developed by the Brazilian firm Meta Real to promote its diet programme, links to a refrigerator magnet with a built-in sensor that tracks when the refrigerator door is opened. The app will notify a user's social media network if the door is opened at odd hours, like at night. This is often incentive enough to only open the fridge at set times to avoid embarrassment.

Granted, public humiliation may not be a great motivator for many people, but there are other options. GymPact, for example, is an app that rewards registered users when they visit the gym (they have to 'check in' and the app

### Aherk App



### stickK.com





monitors how long they stay there), and deducts money if they fail to stick with their established training plan. Users can decide how much they have to pay, with a minimum of five dollars every time a workout is skipped. Conversely, users can get paid between 50c and a dollar for every training session they make. According to available info, the app has an 80–90% adherence rate.

Similarly, stickK.com is a website that enables users to enter into a legally binding agreement to help them achieve a specific goal. Users are required to enter in their credit card details on registration, and if they falter or fail to achieve their goal then they forfeit a predetermined amount of money, which the site will give to a friend, or an enemy the user has chosen.

Some of the other, more conventional options, include hiring an expensive personal trainer, which will offer a monetary incentive to not miss a session. In a similar vein, training with a partner can also be considered a type of commitment device because failing to show up for a scheduled session will mean letting down and disappointing your friend. However, as this incentive is psychologically grounded the incentive is less tangible and is therefore often less effective.

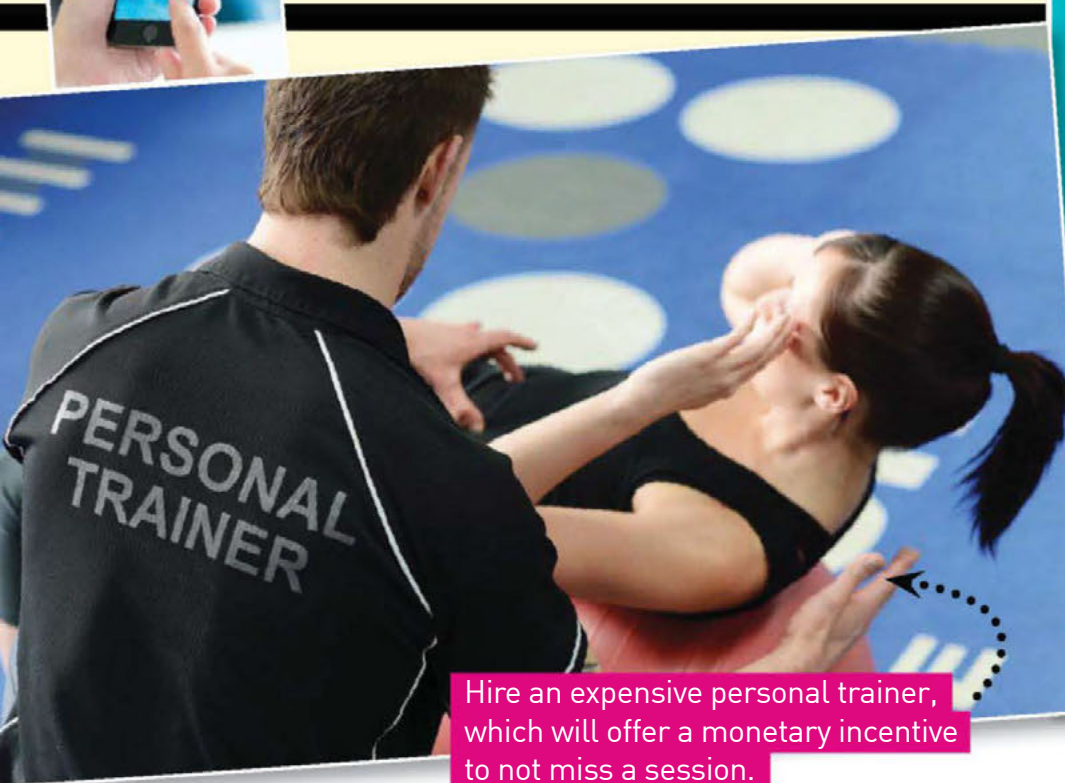
The gamification of fitness through technology has also added additional tools in this regard. Activity trackers, for



**Virtual Fridge Lock** is another app which links to a refrigerator magnet with a built-in sensor that tracks when the refrigerator door is opened.

instance, allow users to record their daily activity in relation to established milestones or targets, and they receive virtual badges or trophies for achievements. While this in itself offers its own form of motivation, integration with social media, and multi-user functions across devices and apps adds additional incentives, as users are able to compete against each other. When you attach regular rewards to these 'achievements' – the winner receives a pooled prize fund between friends after a set period of time has elapsed, for instance – then you have another powerful commitment device at your disposal.

So, if you lack the willpower to set loftier goals for yourself every few months, with that as your only motivation to keep training hard and eating cleanly, then there are ways to give you an extra incentive to keep going. The trick is to find the right commitment device for you.



Hire an expensive personal trainer, which will offer a monetary incentive to not miss a session.

## BEHAVIOURAL ECONOMICS 101

There are also a number of other concepts in the field of behavioural economics that relate to the world of health, fitness and weight loss, and are worth noting.

**TEMPTATION BUNDLING:** Economists suggest that restricting access to instantly gratifying experiences such as watching TV only to occasions when engaging in goal-consistent behaviours like exercising is an ideal approach to change behaviour or minimise bad habits.

**TEMPORAL DISCOUNTING:** This concept, also known as the immediacy effect, delay discounting, time discounting, or time preference, refers to the tendency of people to discount the value of rewards that will be received/achieved in the distant future. This is why setting a large goal (with an associated reward) of losing 24kg in 12 months, for example, is often less effective than a number of smaller goals with shorter time horizons (and regular rewards if the weight loss itself isn't reward enough), like losing 2kg every month.

**SUNK COSTS:** A sunk cost is a cost that has already been incurred and cannot be recovered. This is relevant to dieters or exercisers who may have spent money up front in paying for an annual gym membership, an exercise programme or diet that may not be delivering results, but they choose to stick with it because of the perceived loss in value if they stop. This is also a common trait in restaurants, where most people will overeat to ensure they get the perceived value for what they paid for. However, while the decision to keep going in the face of no benefit, or, at the very least, diminishing returns, is generally deemed irrational, humans are prone to what behavioural economists term loss aversion. This theory suggests that perceived losses are often twice as powerful in influencing behaviour as perceived gains. At the end of the day, if you aren't getting any benefit then the best thing to do is cut your losses and move on. Don't waste any more of your valuable time and effort on things that aren't working, no matter how much they cost you initially.



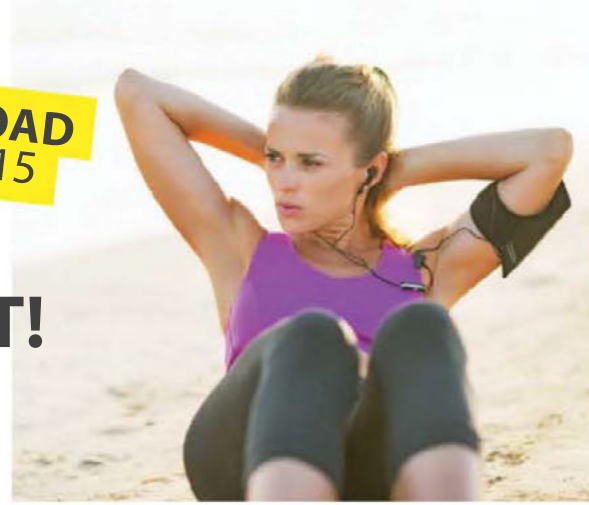


# OUR TOP DOWNLOAD CHOICES FOR 2015

BY MELANIE HEYNS, Features writer

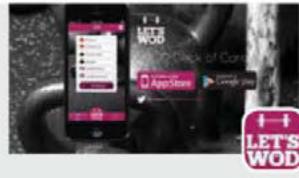
## WANNA GET FITTER? THERE'S AN APP FOR THAT!

If you're looking for some guidance, a bit of extra motivation or simply want a way to make fitness and exercise more fun, technology has made things much easier. Here are seven top apps – new releases and old favourites – that put the potential for success in your pocket.



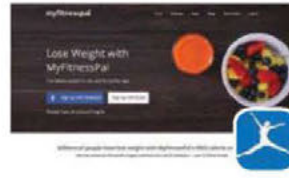
### RUNKEEPER

RunKeeper is great if you're looking to get off the couch, preparing to run your first 5k or training for a marathon. RunKeeper tracks your runs, walks, bike rides, workouts and all your other fitness activities using the GPS in your Android device or iPhone. The app is able to track your pace, distance covered, weight loss or measure your goals, all in one app.



### WOD DECK OF CARDS

WOD Deck of Cards is a must for any CrossFitter. You can now create and save your very own custom-made workouts and share the results with everyone on Facebook or Twitter. With WOD Deck of Cards you'll also be able to choose four exercises you want to focus on, one for each suit. For example, diamonds could be mountain climbers or hearts could be burpees. You then wait to see what comes up first in the deck.



### MYFITNESSPAL

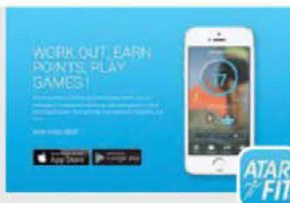
With MyFitnessPal you can log meals in under a minute by searching the extensive database of over 5,000,000 foods. The app will even remember your favourites, add multiple foods at once, save entire meals and different brand names as well. Even if you've made something from scratch, you can input the recipe and the app will estimate it's nutritional content for you.



### NIKE+ TRAINING CLUB

The Nike+ Training Club app offers more than 100 workouts crafted for you by Nike's master trainers. It's suited for people of different fitness levels. You can select your specific fitness goal and find easy-to-follow workout plans to help you reach those goals. Each workout comes with a video tutorial.

We love... Nike+ Training Club for its user friendliness!



### ATARI FIT

Atari Fit™, available on the App Store and Google Play, is a rich fitness app that incentivises users to get fitter, stronger and healthier while earning points to unlock fan-favourite Atari games including Pong®, Super Breakout®, and Centipede®. Atari Fit was developed in collaboration with fitness expert Michael Porter, a National Academy of Sports Medicine (NASM) certified personal trainer and performance enhancement specialist. Featuring over 100 exercise, 30+ workout plans and customisable programmes including full-body circuit workouts, running programmes, and conditioning routines, Atari Fit is designed to challenge users at every level.



### ENDOMONDO

Endomondo is still one of the most popular fitness apps. Whether you're running, cycling, walking or working out at the gym, Endomondo will keep you motivated. With this free-to-use app you can track almost any distance-based sport, see the duration, speed, distance and calories burnt. You can also track your heart rate (works with BTLE, BT and ANT+ heart rate monitors). You'll even be able to keep a full training diary, view your daily training volume and analyse your performance for each workout.



### RUNTASTIC SIX PACK ABS


Don't have enough money for a personal trainer or are unsure how to perform a certain exercise? Then Runtastic Six Pack Abs is the app for you. With over 50+ video tutorials to choose from you'll get that flat stomach, build core strength and improve your overall fitness in no time. You can even choose between Daniel or Angie (avatar trainers) and select workout programmes that last anywhere from 10 days to a month. Each video is also available in slow-mo so you'll be able to learn each exercise the right way from the start.



### PT IN MY POCKET

The PT in my Pocket app provides you with HIIT workouts you can do any time, anywhere, with no equipment or gym membership necessary. The workouts are delivered to a sound track of upbeat music, and with voice commands from your personal trainer in your pocket. Workouts range from 10 – 22 minutes, with a new workout released every month with an option to purchase. Users start out with six workouts that can be combined. For example, the legs eleven workout (11 minutes) and the trim tummy ten (10 minutes) workouts give you a 21-minute lower body and core session. There's also a warm up and cool down track. Short demo videos of every exercise in the workout are available to view.





Whether you've hit the weights hard or pushed yourself on the treadmill, post-workout muscle soreness is common and can often be uncomfortable. We explore seven ways to soothe those post-exercise muscle aches and pains.

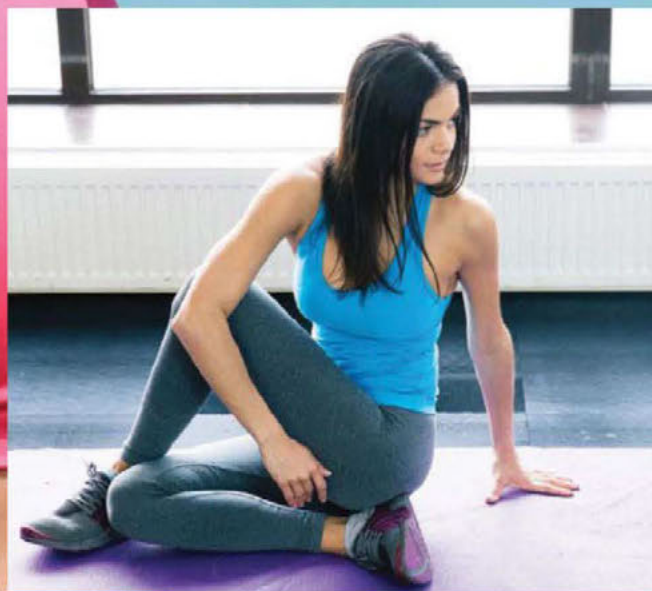
# 7 STEPS TO SOOTHE SORE MUSCLES

WRITTEN BY JULIA LAMBERTI

## Why we ache after exercise...

**Muscle pain can be caused by exercising after a period of inactivity, taking part in a new or more intensive exercise routine or engaging in exercises that put strain on specific muscle groups. These intense activities can create microscopic tears in muscle fibres, causing inflammation and a pain known as delayed onset muscle soreness or DOMS.**

This feeling of discomfort typically peaks within 48 hours after intense or new forms of activity and gradually eases thereafter. You'll be less likely to experience this soreness the longer you continue doing the same activities that caused the pain in the first place as the stronger muscle and connective tissue become conditioned to the load and intensity of the exercise, and also begin to recover faster. So, how can you ease sore muscles during the period when this pain peaks?







**Research also indicates that taking a daily omega-3 supplement after a strength-training workout can aid in reducing soreness.**

## 1. Massage those muscles

Massaging the body prompts nutrient-rich blood to flow to the muscles, replenishing them and easing stiffness and discomfort. A study published in the journal *Science Translational Medicine* showed that massage also helps reduce the production of compounds called cytokines, which play a critical role in post-exercise inflammatory response.

In addition, the research team led by Dr Mark A. Tarnopolsky, a professor of paediatrics and medicine at McMaster University in Hamilton, Ontario, also found that massage enhances cell recovery by stimulating mitochondria, which facilitates quicker adaptations to exercise.

It is, however, important to use the correct form of massage. Deep tissue massage, for instance, can cause additional inflammation which can exacerbate feelings of soreness and stiffness. It is therefore best to get a massage from a professional. Once you've gained a better understanding of the techniques that can be used then you can start to learn some self-massage techniques. There are a number of reliable publications and online sites that offer tips on effective massage techniques.



## 2. Don't skip the stretching

Gentle stretching can relieve pain, loosen tension and help tightened muscles to become more pliable and flexible. This is due to the fact that muscles typically tighten after intense exercise or activity they are not conditioned for, and this can worsen the feeling of soreness. Just keep in mind that stretching 'cold' muscles can cause injury and it is thus wiser to perform stretching exercising after you've done a light warm-up.

## 3. Eat and drink to ease pain

Research indicates that there are a number of nutrients that can help minimise exercise-related muscle soreness. It is therefore essential that your post-workout meal, which should ideally be consumed within two hours after an exercise session, contains the right mix of nutrients. There is strong evidence to suggest that consuming a mix of carbohydrates and protein in the post-exercise period can help ease muscle pain by replenishing depleted energy reserves and repair and rebuild muscle tissue, which all helps to heal your muscles faster.

And don't forget to include healthy fats in your other meals, particularly omega-3 fatty acids, as they help to reduce inflammation naturally. Research also indicates that taking a daily omega-3 supplement after a strength-training workout can aid in reducing soreness and easing inflammation as this compound may help boost blood and oxygen circulation to sore muscles. Natural sources of these healthy fats include flaxseed oil, extra virgin oil, canola oil, avocado and fatty fish like salmon.

### DRINK, DRINK, DRINK

Rehydration is another important component of soothing sore muscles after intense activity because many of the important biochemical processes required to regenerate and repair tissue can only occur in water. Sufficient water intake can also help to flush out toxins and prevent dehydration, both of which can exacerbate muscle pain.

Adding blueberries to a post-workout shake is another smart strategy to ward off muscle pain, because research suggests that the antioxidants in blueberries may help minimise muscle fatigue by combating the free radicals produced during exercise. The anti-inflammatory and antioxidant properties in tart cherries and fruits like grapes, pomegranates, acai berries and cranberries have also been found to reduce exercise-induced muscle damage. Similarly, ginger is another food rich in inflammation-fighting compounds (such as the active constituent of fresh ginger known as gingerol), which may soothe sore muscles. In fact, a recent study found that people who took ginger



capsules daily for 11 days reported 25% less muscle pain when they performed exercises designed to strain their muscles, when compared with a placebo group.





#### 4. Heat can help

Applying heat to sore muscle can also have a soothing effect because, when the temperature of muscle increases, blood flow increases. This

brings fresh oxygen and nutrients to assist in healing and repairing the injured site. Try immersing your body in a warm bath and enjoy a long soak or, if the pain is isolated, apply a heating pad directly to the painful spot.



#### 5. Cool it!

**While heat can offer relief from aching muscles, cold can also have analgesic (pain-relieving) properties.** The key is to apply a cold compress to the tender area for 10 to 20 minutes, within 72 hours after taking part in the strenuous activity. For those who are a bit more adventurous, ice baths have long been touted as an invaluable tool in aiding recovery and reducing next-day soreness. However, if that is too extreme you can also try contrast showering – alternating between hot and cold water – as this will stimulate blood flow, which helps to ease pain and reduce swelling for all the reasons already mentioned.



#### 6. Roll

**Foam rollers are not only relatively cheap to purchase but using them can prove especially effective for increasing blood flow to your muscles and soothing muscular discomfort.** Massaging muscles and fascial tissue with a foam roller can also help to work out sore or tight spots from overworked muscles. Commonly referred to as adhesions or knots, direct pressure from massage, foam rollers or even balls and other purpose-made tissue manipulation tools can help to release these areas, where damaged tissue has built up due to all the activity.

These noodle-like cylinders come in a variety of lengths, widths and densities but investing in a firm roller (about 60cm long and 15cm in diameter) will offer you good value for money and multiple uses. Use your foam roller by lying on top of it, placing the muscle you wish to roll directly over the foam roller, then roll over the muscle until all tension has been released from tender areas, remembering to pause on those tight hot spots.



#### 7. Don't be a couch potato

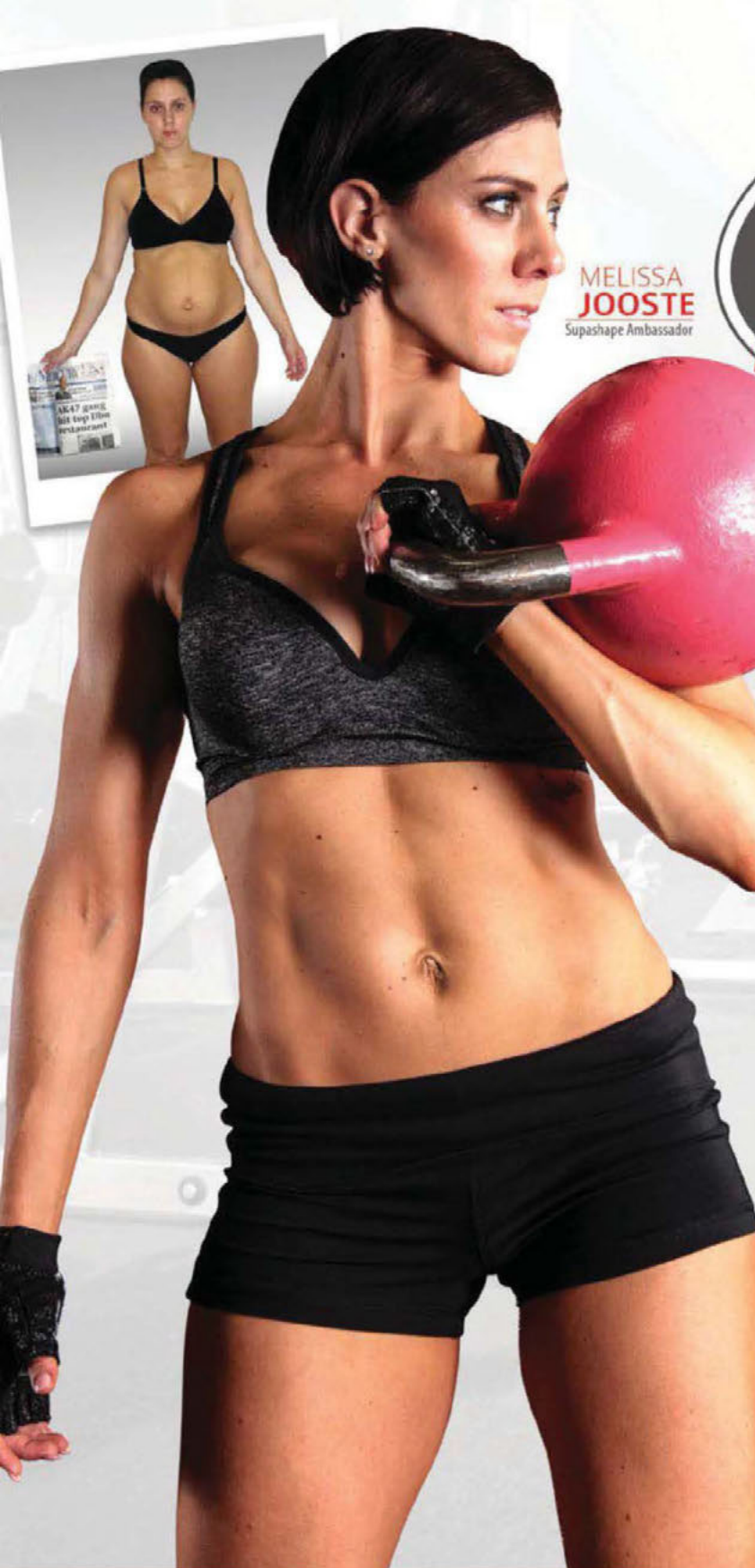
**When your body is in pain you may feel tempted to avoid exercise until you feel a bit better but this isn't a wise idea.** While you shouldn't push your body when suffering from DOMS, it is best to keep moving with a few days of easy workouts to promote blood flow and prevent further muscle damage. This also reduces the likelihood of injury once you return to full-blown exercise. It's best to continue with your regular routine but keep things light and easy until you have fully recovered.

Post-workout muscle pain is never pleasant but the good news is that when the muscle recovers it will be stronger and denser. However, it is important to differentiate between DOMS and more serious injury. If a specific area is particularly painful and the discomfort persists consult your doctor as this could indicate an injury.

Lastly, remember that feeling a little pain is often the price you pay for improving your performance and shaping an enviable physique to be proud of. Some degree of damage and inflammation needs to happen to elicit the response you're after. As such, as long as the pain isn't caused by an injury, next-day soreness is actually your fitness friend rather than your foe. **1**







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# ashleigh FROST

WBFF PRO DIVA BIKINI ATHLETE

**LOCAL WBFF PRO ASHLEIGH FROST – ONE HALF OF SOUTH AFRICA'S WBFF POWER COUPLE – HAD HER BREAKTHROUGH INTERNATIONAL WIN IN 2015 WHEN SHE CLAIMED THE DIVA BIKINI MODEL TITLE AT THE WBFF MONTREAL PRO-AM IN APRIL.**

Amid all the hype ahead of the USN WBFF SA Spectacular, *fitness* magazine caught up with her to find out what it's like at the pinnacle of this rapidly growing federation.

## What was it that drew you to the WBFF stage as opposed to other federations?

I've been competing since 2009, with a small hiatus between 2010 and 2012. During that time I was finding my way in the world of competitive fitness so I did many shows. I had never heard of the WBFF until 2012 when I met Stian Lemmer, who is now my husband. He was already a WBFF pro and he told me I should try because I fit the profile well. So, I did, and, needless to say, I never looked back. The WBFF offers a production where you get to be everything you want to be on a stage for a day. The glitz and glam is everything a woman loves. Being a former Latin American dancer who loves to perform, I fell in love with the WBFF concept. After being a part of such an elaborate production it is tough to want to go back to anything else.

## How has your life changed since receiving your WBFF pro status?

Since turning pro I have been to

Las Vegas twice to compete at the WBFF World Championships and stood on stage with the best of the best. I've met the world's best male and female athletes and forged friendships and made priceless memories. I have also received many sponsors as a result of the title. I also get asked a lot of questions...

## What was the experience like winning your first WBFF pro show at the Montreal Pro-Am in Canada?

I went there knowing that I had given 110% in every aspect of my prep. My aim was to go and have a good time and to reconnect with the reason I love to compete. The moment of the crowning is still surreal in my mind. Being called out in the top 10 already made me happy, then earning a spot in the top 5, I was thinking, "oh my word, this is awesome!" That's when my nerves really kicked in. Once third and second places were announced I thought "either this is it or I'm fourth or fifth." It was a moment of anxiety, stress and excitement that I don't think I could ever adequately put into words. Hearing my name called out as the winner was incredible. It literally took my breath away. All my prep; the early mornings, the heavy lifting sessions, the blood (yes, there was blood from deadlifting), and all the tears and sweat flashed through my mind as I realised that it had all paid off. It was a moment I will cherish forever. The crown is pretty awesome too.

## What does it mean for your career going forward?

I feel it is an awesome achievement to put on my resumé as an

athlete. Obviously the title has helped grow my social media following as well. Going forward I hope to be able to use it in securing sponsors and endorsements. I will also use it as a platform to open doors for a few personal projects I'm working on. And last but not least...I get to wear a crown at events!

## What are the key elements required to stand out on stage in the Diva Bikini Model line-up?

You need to be captivating on stage, in a way that makes the judges and the audience struggle to shift their gaze from you. **You have to demand attention without being arrogant or overpowering.** The Diva Bikini division embodies the entire beauty-queen package with great grooming, natural beauty and style and elegance, but with a fit body. I cannot stress how important it is to act like a lady on stage. Nothing beats class.

## What is your next goal within the federation?

I'm currently prepping towards the WBFF World Championships, which will be held this August in Las Vegas. Ultimately every-

## MOST NOTABLE COMPETITIVE ACHIEVEMENTS:

- ▶ 2015 WBFF North American Pro Bikini Champ
- ▶ 2013 WBFF Miss Bikini SA Champ & Pro Status
- ▶ 2012 Fitness America Worlds – 1st place Bikini, 2nd place Overall
- ▶ 2012 Miss Bikini Classic at Body Beautiful



one wants to be the world champ, including me. I'm definitely aiming for a podium placing and I'm doing everything I can from my side to be my best on stage.

## What is it like living with two WBFF pros under one roof?

Interesting, to say the least. Honestly though, it makes prepping and maintaining a lifestyle a whole lot easier. We get up together, train at the same time, help each other with meals if the other one is busy. I would like to say I spot Stian but he lifts so heavy these days I doubt there is much help I can offer, but he spots me when I go for a heavy squat or something like that. We work well together and keep each other in check with cravings and so on. With two pros prepping for a show there is hardly a dull moment.

## What are your philosophies and approach to a healthy and fitness-focused lifestyle?

**I firmly believe in finding the right balance.** I don't believe in any type of restrictive eating and always maintain a good intake of proteins, fats and carbs from various sources.

## Who assists you with your competition prep?

Nathan Harewood, WBFF Coach of the Year for 2014.

## What are the important training philosophies that you follow?

**Never sacrifice form for weight, always go light and do it 100% right.**



Don't go too heavy too fast, Work your way up in various exercises. Give it your all at every session, and learn to listen to your body when it tells you to slow down.


#### What is your training split?

Currently my training involves a lot of plyometrics. I do a full body workout every day, just with emphasis on different muscle groups each day. Usually I focus on legs on Monday, back on Tuesday, plyos on Wednesday, shoulders, chest and triceps on Thursday and then legs again on Friday. Saturdays consist of cardio, stretching and foam rolling, as well as abs and calves.

#### What role do supplements play in your regimen?

Supplements play a big role as I train twice a day. They help improve my recovery by ensuring I get highly bioavailable protein immediately after my workouts. I do believe that a steadfast diet and whole foods are the main elements, and that supplements are technically a luxury. As such, if you can afford a good quality brand then stick to the essentials like a good whey protein and some BCAAs.

#### Why would you suggest that other aspiring athletes join the WBFF?

The WBFF is so far above anything else that exists that it seems crazy to me to not want to be a part of it. I can say that, after doing four WBFF shows now, every experience has been an incredible, memorable one. The shows are run professionally, the judging is fair and the atmosphere is just electric. I would definitely encourage anyone who has been on other stages to try the WBFF. To be a part of such a huge production that is put on specifically for athletes to showcase their hard work is nothing short of a tremendous honour. The WBFF also creates a platform for athletes to be exposed to potential sponsors and other huge opportunities where they wouldn't necessarily have had the opportunity before. 

#### ATHLETE STATS

**Training since:** 2007

**Competing since:** 2009

**Competition weight:** 52kg

**Off-season weight:** 55kg

**Profession:** Personal Trainer





**Lives:** Pretoria

#### SPONSORS:

- Fitmark Bags International
- Magic Bikinis
- Palladium Hair Co
- Werner Wessels Styling
- Strands of love hair extensions
- Brand ID – Skins compression, SKLZ training equipment, Mizuno Shoes
- Anel Botha Couture
- Kyna Consilli Fashion House
- Pro-Chino – The Protein kick in a cup
- Smile Solutions
- Kloof Laser Clinic

*“I cannot stress how important it is to act like a lady on stage. Nothing beats class.”*

#### FOR MORE INFO:

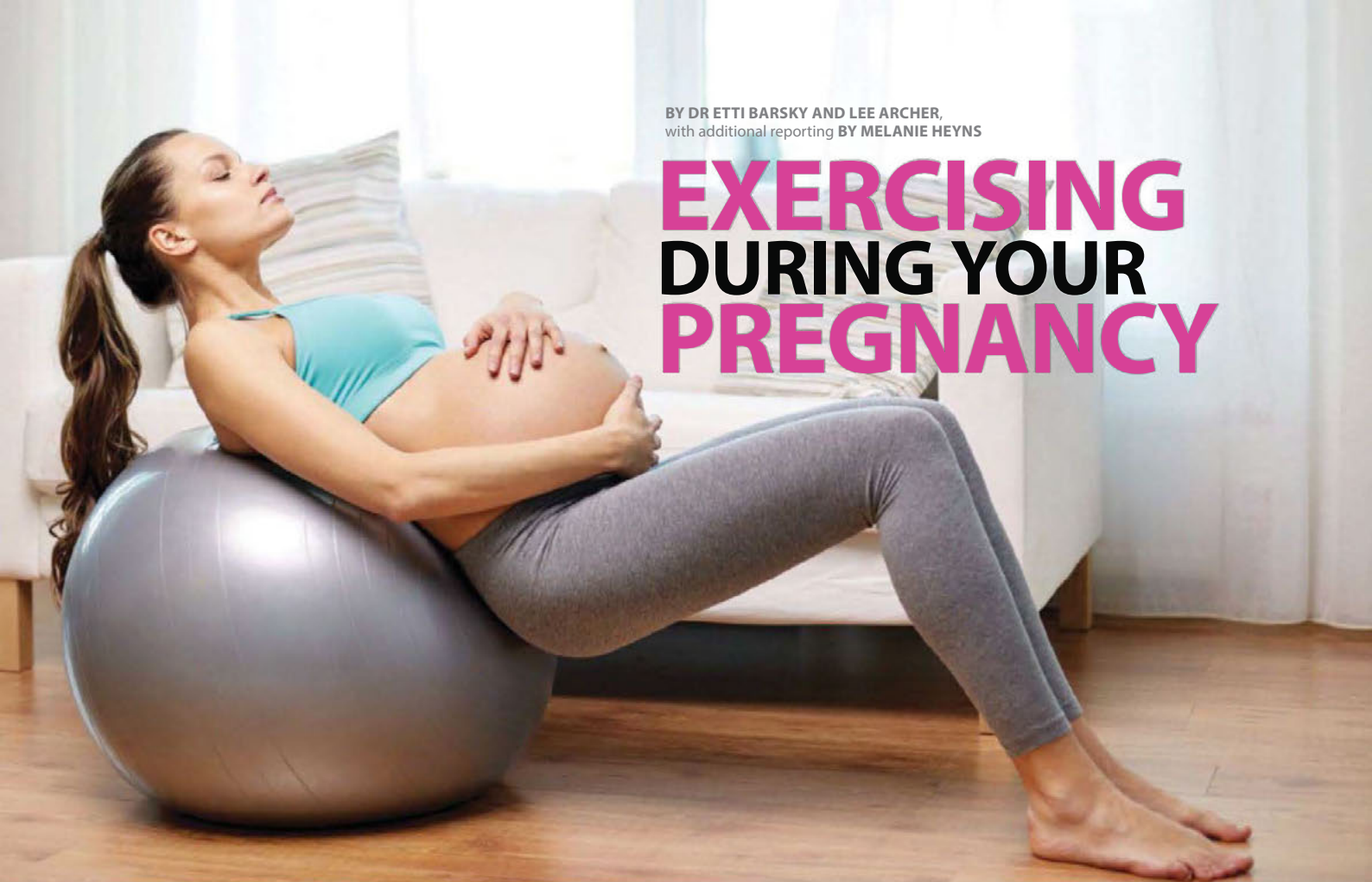
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BY DR ETTI BARSKY AND LEE ARCHER,  
with additional reporting BY MELANIE HEYNS

# EXERCISING DURING YOUR PREGNANCY



It's about  
more  
than just  
getting  
out there.



## DID YOU KNOW?

Women who exercise during pregnancy may improve the short- and long-term health of their baby.

**A**s healthcare providers' ideas about prenatal exercise began to change, the American College of Obstetrics and Gynaecology (ACOG) published its first guidelines for exercise during pregnancy.

ACOG issued a technical bulletin in 1985 stating that the maximum heart rate during pregnancy should not exceed 140 beats per minute (bpm) and that women should not take part in strenuous exercise for more than 15 minutes.

In 1994, ACOG released a new bulletin removing specific limitations and prohibitions regarding exercise during pregnancy. ACOG said "there are no data in humans to indicate that pregnant women should limit exercise intensity

and lower target heart rate because of adverse effects". However, they still recommended that women avoid exercising to exhaustion.

Lee Archer, Director of Education at the Institute of Fitness Professionals, says: "Today more and more doctors and medical caregivers are realising that the benefits of exercise during pregnancy far outweigh any risks, and that a sedentary lifestyle is, in fact, the real risk to pregnancy."

Dr Etti Barsky, director of Preggi Bellies South Africa, adds that "pregnancy is a great time to choose to change your lifestyle. This is a time when your body is changing so that it can nurture a new life, and it's the perfect time to nurture your own."

## THE BENEFITS

Exercising during pregnancy has numerous benefits. You tend to gain less weight, and lose the weight faster once you've had your baby, and pregnancy-related complaints such as lower back pain and pubic bone pain will occur less frequently. Your chances of medical complications such as pregnancy-induced diabetes; pregnancy-induced hypertension (high blood pressure); varicose veins and haemorrhoids are also reduced.

Dr Barsky continues: "There is also evidence that shows the benefits of exercising while pregnant can be felt during labour as well. Women who train have a shorter and less complicated labour with a decreased need for surgical intervention. **Your body has improved reserves in case of any obstetric-related emergencies and you can be assured of a faster recovery after either a natural delivery or caesarean section.**

**Experts say mothers who exercise during pregnancy have less risk of gestational diabetes, heart problems and even pre-natal depression.**



## EXERCISE GUIDELINES

**Dr Barsky states that those who were regular exercisers before they fell pregnant can continue with their regular exercise regime during pregnancy.**



**"If you are new to exercise, once you are cleared to train (usually around 12 weeks), there are many options available.** The key is your comfort during an exercise and, more importantly, the correct training technique. It is important to train right up to your due date. Research has shown that if you stop training before 32 weeks of pregnancy, your body deconditions and you lose any benefits gained."

Archer adds: "Exercise helps control blood sugar and lowers the risk of developing gestational diabetes. Exercise can also help to reduce stress in the mother, and chronic stress has been shown in multiple studies to be harmful to the baby's development and increases the risk of pre-term labour. Your child may also have a healthier heart, as babies of prenatal exercisers have been shown to have more efficient hearts than those of non-exercisers. This improved efficiency also seems to last into childhood."

## THE OPTIONS

**As a pregnant woman there are many classes and exercise programmes available to you.**

**Dr Barsky mentions just a few:**

### WALKING

**Walking is easy and can be done in your own time, at your own pace and, most importantly, it's free.** While walking is most certainly better than doing nothing, I don't like to recommend walking for women who suffer from back pain or pubic bone pain. The reason for this is that when you are pregnant two important changes happen that are relevant to walking. Firstly, your centre of gravity shifts and your body weight starts getting carried through your knees. Secondly, the complex network of ligaments that connects your lower spine to your hips loosens. Walking, especially at a brisk pace, puts a lot of pressure on these two areas and can result in imbalances that cause knee pain and, more commonly, back pain.

### WATER AEROBICS

**Water aerobics integrates elements of aerobics, swimming, and resistance training.** Training in water removes the effect of gravity and may allow for exercise to be more comfortable, especially if you have bad lower back pain or pubic bone pain. Bear in mind that because the gravity effect is removed you also need to include land-based exercises in your routine. This is important because you need exercise where you work against the resistance of your body weight to help improve bone density. During pregnancy there is high bone tissue turnover as your body is trying to help build your baby's skeletal system. Weight-bearing exercises such as squats help by increasing the amount of bone being laid down in relation to the amount lost during bone tissue breakdown.



### PILATES AND YOGA

**Pilates focuses on strengthening core muscles, improving muscle control and flexibility, and enhancing alignment and breathing.** The exercise principles focus on centring the core muscles – also known as the 'powerhouse' – prior to any movement of the limbs. This requires concentration, control and precision. Make sure you train with someone who understands the exercises well enough to be able to adapt them for pregnancy. The same applies to yoga, which uses stretching postures, breathing and meditation techniques to calm the mind and emotions, and tone the body. The focus of yoga is to work through various positions believed to nurture the soul and the body. Both of these forms of exercise should be complemented with a leading cardiovascular workout.



### PREGGI BELLIES

**This low-impact cardiovascular training programme has been specifically designed for pregnant women.** The format is similar to that of a hi-lo aerobics class with a 30-minute cardiovascular component and a 30-minute strength training component, using both your ever-changing body weight as well as free-weights. All training is done on an exercise ball. This provides stability for the pelvis by keeping it level. However, it also adds an element of instability to the core muscles because the ball is round. The Preggi Bellies programme is designed in such a way that it can be adapted for most of the common complaints of pregnancy, as well as getting back into exercise after you've had your baby. All instructors have the ability to safely and effectively modify exercises for pregnancy, and pregnancy-related aches or pains so that you can train right up until your due date. All clients are screened to make sure that it is safe to train. It is also the only training programme in the country that has a sports physician overseeing everybody's training all the time.

## THE MYTHS

**Archer says the following are myths and not rules when it comes to exercising during pregnancy:**


### **Avoid strength training as it will cause joint injury:**

During pregnancy your body releases a hormone called Relaxin that loosens ligaments to prepare your body for delivery. In 2011 a study done at the University of Georgia found that a low-to-moderate strength programme is safe. In addition, women who, prior to pregnancy, included strength training as a part of their training routine can continue with it throughout their pregnancy but it is important to note that pregnancy is not the time to do extreme heavy lifting.

### **Exercise during pregnancy results in a higher core body temperature that might damage the developing fetus:**

During exercise body temperature rises and is also affected by other factors like the temperature of the environment. Current medical science shows that pregnant women can moderate their core body temperature more effectively than women who aren't pregnant. They may therefore sweat more to cool themselves down.

### **A mother's heart rate should not exceed 140 bpm while exercising:**

Back in the '80s the ACOG recommended that exercising pregnant women keep their heart rate below 140 bpm. The best way to monitor the intensity of a training session is to monitor the recovery of your heart rate and ensure that you are never out of breath and unable to talk. One's heart rate must never go to maximum when pregnant but, depending on previous fitness levels, if your heart rate is higher than 140 bpm and you still feel like you are training at a moderate intensity and are not out of breath you are in a safe zone. 



WARM YOUR TUMMY BUT SAVE YOUR WAIST THIS WINTER.

# SUPER SOUP

As the temperature drops and we look for warmth, nothing hits the spot quite like a nice bowl of hot, healthy soup.

BY MELANIE HEYNS, Features writer

**Boost your protein!**  
100g of black beans  
contain 22g of protein.

*Soups are the  
perfect way to  
incorporate  
vegetables  
into your diet.*

## Black bean veggie soup

### INGREDIENTS:

300g dried black beans  
4 cups water  
4 cups vegetable stock  
1 can chopped tomatoes  
2 tbsp tomato paste  
¼ tsp mixed spices  
2 carrots, peeled and cut  
2 celery sticks with leaves,  
1 large onion, chopped  
¼ cup parsley  
1 red pepper, diced  
Pinch of sugar

### METHOD:

1. Place the beans in a bowl and cover with cold water. Set aside to soak overnight.
2. The next day, drain the beans and rinse under cold water.
3. In a large saucepan combine the water, stock, tomatoes, tomato paste and spices.
4. Slowly add the beans, carrots, celery sticks, onion, parsley and red pepper. Bring to boil over a medium heat.
5. Reduce the heat and allow to cook covered for about 90 minutes or until beans are nice and soft.
6. Taste for seasoning, sprinkle with the extra parsley to garnish and serve.





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## A.VOGEL MULTIFORCE ALKALINE POWDER

There's a growing awareness of how a diet that leans towards the acidic spectrum can affect your moods, energy levels, bones and long-term health. Our Western diets are high in acid-forming foods like meat, dairy, cereal products, coffee, alcohol and sugar. If you don't get enough fruit and vegetables, or drink lots of water daily you're not getting enough of the alkaline minerals needed to neutralise this acid. A daily dose of Multiforce helps your body neutralise acid and maintain its optimal internal pH levels.



## USN HYPERLEAN

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BY DANI WATERSTON, MA (Research Psychology),  
BA (Hons) Psychology, and Consulting Nutritionist

Eating disorders are widely misunderstood and are therefore potentially more prevalent than we care to admit. Many people believe that in order to have a problem one must look like they have a problem. Generally speaking, this misconception may lead people to suffer in silence, especially if they don't match the stereotypical image of someone who suffers from an eating disorder.

# DISORDERED EATING

**I struggled with an eating disorder when I was 14 years old.**

While I met most of the 'requirements' for one of the more well-known disorders my behaviour was not completely representative of it. As a result my issues weren't accepted as the eating disorder norm, so I suffered quietly. **I also felt that I didn't have a problem so I simply continued with my destructive ways. Starving would be followed by bingeing, which would then be followed by excessive exercising.**

## THE START

**I remember my first binge very clearly.**

**All I could think about was a certain chocolate.**

**I was imagining all the different layers of it and how it would taste. However, there was no chance that I would let myself go and eat that decadent, calorie-laden treat. Instead I opted for a salad.**

That really didn't touch sides and in the blink of an eye I lost control. I remember standing in front of the fridge stuffing my face, and then quickly moving to the sweet cupboard. I jumped back and forth between these two open doors – the fridge and the cupboard – as I descended ever deeper into my personal hell.

I felt compelled to eat, to the point that I almost felt possessed. The funny thing is my family watched this but no one said anything. I attribute this to the fact

that although I was thin I wasn't thin enough to cause concern. In addition, because I was eating I couldn't have been starving myself. However, little to my family's knowledge I was at the peak stage of my eating disorder and it was eating me alive.

I wanted to be thin enough that people knew I was sick; so that people knew I had a problem; so they

could know what was going on inside my head. I so desperately wanted what was inside me to reflect on my outside. However, even though I was in a very dark place and needed help I wasn't able to ask for it because I didn't fit the right image of what someone with an eating disorder should look like, which meant I wasn't taken seriously.

This is often the case with many

women (and men). Individuals fall into the grips of an eating disorder without even realising it. This is even more common if they don't fit the

'mould' – the stereotypical version of what someone with an eating disorder should look like.

When most of us think of eating disorders we tend to associate the illness with starved, emaciated individuals. These people are understood to be very sick and they are accepted by society as being so. However, what happens when there is someone who is just as sick as the one getting admitted to hospital, but her symptoms are more psychological?

Society rarely views this person as having an eating disorder and as a result their illness is not taken as seriously as the one who is displaying the physical symptoms. It is therefore pertinent to ask, how bad is bad enough?

**"I DIDN'T FIT THE RIGHT IMAGE OF WHAT SOMEONE WITH AN EATING DISORDER SHOULD LOOK LIKE."**



## DEFINING EDNOS

Eating Disorders Not Otherwise Specified (EDNOS) has now been recognised as part of the eating disorder family. It lies alongside anorexia, bulimia and binge-eating disorder. A person may be diagnosed with EDNOS when they do not fully meet the requirements of the other typical eating disorders, namely anorexia and bulimia.

Eating disorders are, in essence, when someone has a bad relationship with food. Given that the description of EDNOS does not fully meet the requirements of the well-known eating disorders, one may think that it is less serious. However, in the United States, of the 20 million women and 10 million men who are suffering from eating disorders 40%-60% of them fit the criteria of EDNOS. In addition, EDNOS has the highest mortality rate (5.2%) of all the eating disorders, which means it is fair to state that EDNOS is a real, incredibly dangerous eating disorder. Furthermore, EDNOS is the most common eating disorder diagnosed in adults and adolescents, and affects both males and females equally.

### Individuals with EDNOS usually fall into one of three groups:

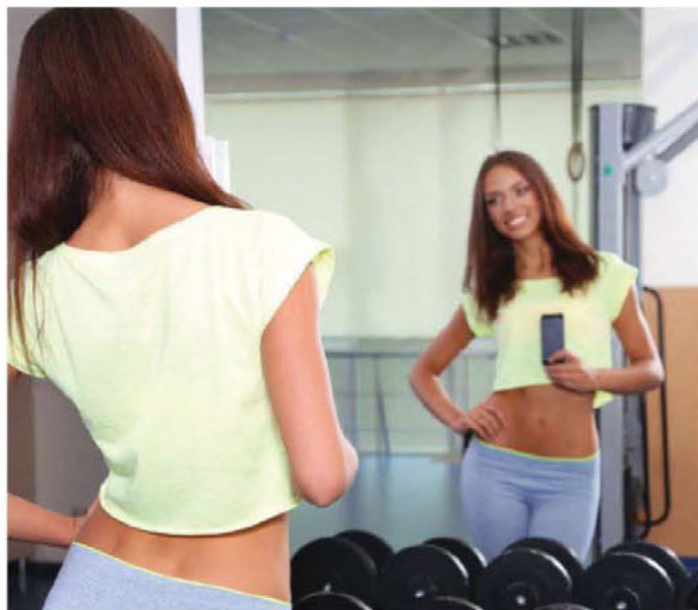
1. Symptoms of anorexia nervosa or bulimia nervosa;
2. Mixed features of both disorders;
3. Extremely atypical eating behaviours that are not characterised by either of the other established disorders.

A person may starve themselves and have the behavioural characteristics of anorexia but

may not be of a dangerously low weight. Similarly, one may binge and purge but maintain a healthy weight. These are all very dangerous symptoms of eating disorders which may be overlooked as the person does not fit the established image of someone who suffers from an eating disorder.

From a psychological standpoint, sufferers often experience thoughts of worthlessness unless they have a good body or achieve a certain weight. They may also have a distorted self-image to what they actually look like. These cognitive distortions are red flags. It does not necessarily mean that one has a full-blown eating disorder, including EDNOS. However, it is cause for concern as it can lead to the diagnosis of one.

**SUFFERERS OFTEN  
EXPERIENCE THOUGHTS  
OF WORTHLESSNESS  
UNLESS THEY HAVE A  
GOOD BODY OR ACHIEVE  
A CERTAIN WEIGHT.**



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## FOOD AS A CRUTCH

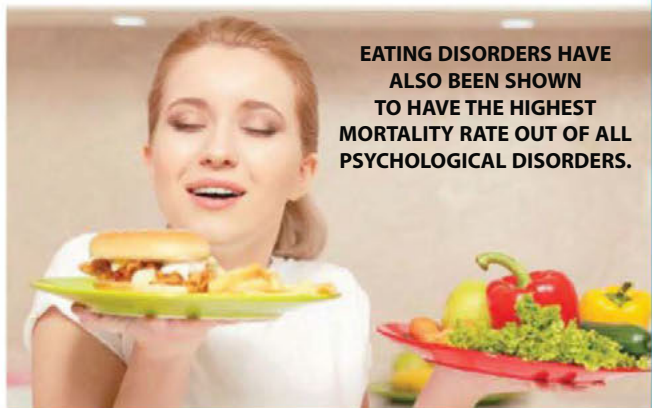
Food has become known as one of the most abused substances.

From emotional eating to self-starvation, food has morphed into a weapon of self-destruction.

For example, emotional eating is not an eating disorder in itself, but it is a common trait among those with eating disorders.

The person engages in overeating or bingeing when they experience stressful or negative events and/or boredom. After their 'binge' they experience intense feelings of guilt, hopelessness and worthlessness. One self-proclaimed male

emotional eater explained that he had constant thoughts of suicide while he was overweight and engaging in comfort eating. It took him over ten years to break the cycle and seek help. He too was not taken seriously as far as eating disorders go as he was morbidly obese; not the stereotypical emaciated form. Food became his confidant and a raging eating disorder followed.



### Dire consequences

**Eating disorders of all kinds, including EDNOS, can result in severe consequences.**

One's health may take time to deteriorate but the effects can be catastrophic. They range from heart disease, low heart rates, low blood pressure, bone loss, muscle weakness, and hair and skin problems. Ulcers, tooth decay, fainting and type II diabetes can also result.

Eating disorders have also been shown to have the highest mortality rate out of all psychological disorders. The American journal of Psychiatry reported that the death rates for eating disorders are:

- ▶ 4% for anorexia nervosa
- ▶ 3.9% for bulimia nervosa
- ▶ 5.2% for EDNOS

### Signs and symptoms

When one embarks on a new eating plan or exercise regimen it is critical that the plan is manageable and realistic, and its main goal is to nourish the body. Anyone who begins an eating plan that is drastic and unhealthy opens themselves up to disordered eating and thinking.

Individuals can display signs and possess symptoms of eating disorders in many different ways. Some may begin to display unusual behaviour around food and eating, while others may experience negative changes toward their body image.

In theory, when one sees this occurring within themselves or someone else it is not necessarily an alarm bell for an eating disorder. **However, the two key signs that someone is likely to be struggling with a food-related issue are:**

- ▶ Having an intense fear of gaining weight or getting fat,
- ▶ Persistent behaviours that interfere with normal weight gain.

These fundamental symptoms are usually paired with odd behaviour around food, a fixation on food and eating, a fixation on weight, avoidance of food and meal times, denial of weight loss and a negative self-image. Although it is not uncommon for people to exhibit such behaviour at some point in their lives, it becomes unhealthy and disordered when this behaviour becomes consistent and impedes one's quality of life.


These symptoms are quite general and usually only spark concern when they are more severe. That is why it is crucial to address them immediately when one recognises symptoms. Seeking help at the first warning sign is much more effective than waiting until the illness is in full swing.

### Can I recover?

Recovery is definitely possible, I am living proof. One is able to lead a better quality of life without having the burden of disordered eating hanging over them. The path to recovery is, in fact, a journey. It can be challenging and not as straightforward as one would like it to be. However, with the right team and a high level of personal commitment, recovery is an achievable goal.

EDNOS has proven to be one of the most debilitating of the eating disorder family. It not only is a psychological, emotional and physical battle but too a fight against society to be recognised as sick. Remember, although someone might possess some of the symptoms mentioned, they may not be classified as having an eating disorder. Instead they may have disordered eating, disordered behaviours and thinking around food, a distorted body image, and disordered eating patterns.

It is always a good idea to speak to a professional if you feel you or someone you know needs assistance in this regard. A nutritionist can also assist with a structured meal plan that can help with understanding how to nourish your body and lose weight, maintain weight or further develop it as desired. If the issues are more emotional and psychological then a therapist can assist.

And there is nothing wrong with asking for help, especially if you are feeling uneasy or stressed by your lifestyle. Leading a healthy lifestyle is achievable and can be maintained throughout life. However, a quick fix is exactly that – quick and unsustainable. Rather take the longer healthful route as the results will be less damaging and more constructive, and you will, essentially, lead to a better quality of life. 

## Disordered eating among competitors

In the world of health and fitness food is generally considered a source of fuel as it is intended to nourish the body and feed muscles to help the body repair itself and grow. However, abuse of food in the fitness industry is proving to be a common occurrence.

A competitive athlete, who would prefer to remain anonymous, mentioned that she felt immense pressure from her coach with regard to her preparation for a show. As a result, when she would stray from her diet she would purge by making herself sick. Before this behaviour began she had a healthy body image and wholesome eating habits.

Another athlete mentioned how her coach said to her "I don't care about your mental health, I care about what you look like" while she was prepping for a competition. This type of societal pressure paired with the shocking statistic that 91% of women are said to be unhappy with their bodies creates the perfect foundation for disordered eating behaviour to develop.

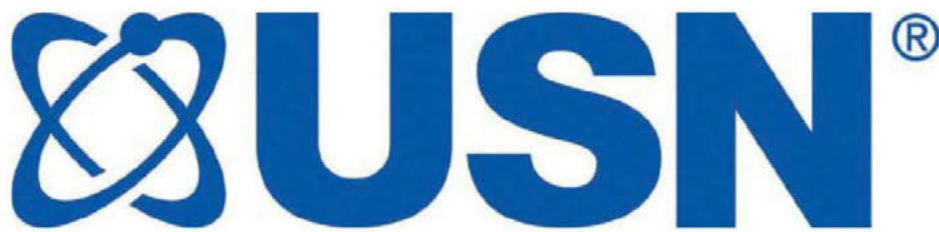
## Body dysmorphia

Other female athletes have come forward and expressed that they felt an incredible sense of control when they restricted themselves from eating and felt empowered when losing weight. However, when they had to go on maintenance diets and changed their eating patterns they felt incredibly anxious, out of control and even depressed about their appearance. They experienced body dysmorphia – seeing yourself in a warped way – and engaged in behaviour that is representative of EDNOS. However, they were simply ignored or marginalised because they had 'great bodies' and people simply could not understand why they were feeling so uneasy about their 'fuller' appearance. Pressure from mentors or society are major reasons why women develop eating disorders.





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BY SARAH HALL, online coach and  
biokineticist ([www.sherifftraining.co.za](http://www.sherifftraining.co.za))

**A**s both a coach and a competitive athlete, weight – that of my own and my clients’ – is a constant theme in my life, as it is in the lives of most women. When we’re prepping for a show or dieting for a photo shoot, reaching our conditioning goal becomes a numbers game – it’s about hitting those macros, not a gram over and not a gram under. It makes sense then that many of us are quick to place a great deal of importance on another number – the one our scale shows. This is definitely an important metric to track to ensure we achieve our desired goal. However, the way most of us obsess over it and the way we obsessively track it every day, especially as ‘judgement day’ draws nearer, is problematic.

The main concern is that we all experience a number of regular weight fluctuations throughout the day and over the course of the week, which can wreak havoc with our minds, our progress and our plans.

To help you regain some degree of sanity when you see a figure you weren’t expecting on the scale this article will look at the basic factors that affect your weight daily.

*Why fixating on the scale every day is so unhealthy*

# WEIGHT WATCHERS

## CAUSE FOR CONCERN?

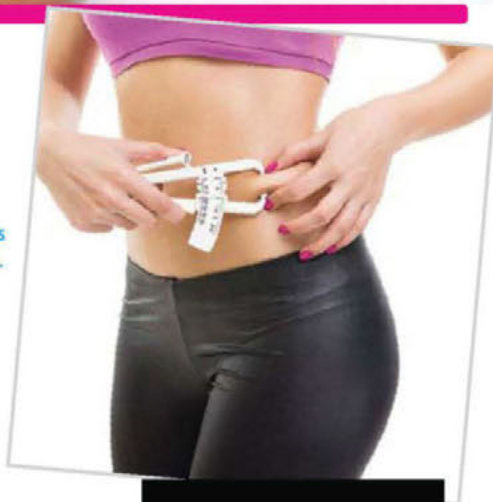
Through all the research I have done and through my experience with clients it is clear that during a 24-hour period your body can cycle through phases where it can be as much as 2.5kg above or below your baseline weight. For someone who weighs 50-60kg this is a relatively big fluctuation and can be quite alarming for the ill-informed.

So, when is a shift in the scale cause for concern? Well, these ‘normal’ fluctuations can be attributed to eating, drinking, sweating, and your body’s production and release of heat, known as thermogenesis. These all affect the body’s composition and therefore your overall weight. As stated, this may either lead to temporary weight gain or some degree of weight loss.

Whenever you step on the

scale the numbers will reflect your true weight, together with the weight variance according to the factors discussed in this article. True weight gain and true weight loss are processes that occur over a longer period of time, which is the reason why regular, accurate and timeous assessments should be done before any changes in diet and training are made.

It takes roughly 6-8 weeks for the body to make lasting changes following a shift in dietary approach or a new training plan. As such, a full assessment of body metrics and composition should



Assessments should be done before any changes in diet and training are made.

only be done every six weeks, but micro-measuring can be done on a weekly basis to ensure progression is happening in the right direction.





# THE SCIENCE OF WEIGHT FLUCTUATIONS

Eating and drinking can affect body weight daily in the following ways:

## 1. VARIATIONS IN GLYCOGEN STORAGE

Glycogen is the stored form of the carbohydrates we ingest. It can be stored both in the liver and muscle cells, with minuscule amounts stored in our red and white blood cells, brain and kidneys. We can store up to 100g of glycogen in our liver, and up to 350g in our muscle cells. In order for our body to digest and store each gram of carbohydrate as glycogen it will need up to four times the amount in water to bond. This is why,

if carbohydrates are dropped from the diet the body will respond by ridding itself of water as glycogen stores are metabolised for energy.

## 2. THE SODIUM CONTENT OF THE FOOD INGESTED

If you are on a deficit diet and your sodium intake has been restricted, a hormone known as aldosterone will be secreted to a lesser extent. Aldosterone is responsible for controlling blood pressure through water regulation. With an increase in sodium intake,

more aldosterone is released, which leads to an increase in water retention. This obviously affects our weight.

## 3. INCREASING WATER INTAKE

The amount of water you usually drink, together with how efficient your kidneys are at filtering that water, can actually result in a drop in weight as your body tries to restore homeostasis. Remember, this is not a loss of body fat. It's merely a loss of body weight through water loss.



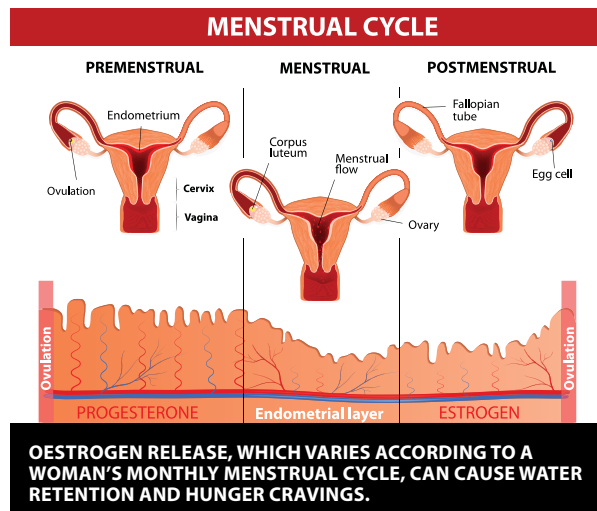
# THE HORMONAL EFFECT

In terms of the way hormones affect body weight daily, it is unlikely that hormones will cause a sudden increase or decrease in weight from day to day. Any fluctuation in weight in this regard is usually the result of the effects that either elevated or reduced amounts of these hormones have over a few days or weeks, and how they act on our bodies. However, understanding these hormones and their effects on weight will help to put our minds at ease.

**The five most relevant hormones that affect weight throughout the course of a month, specifically within the female body, are ghrelin, cortisol, leptin, and the female sex hormones oestrogen and progesterone.**

The secretion of ghrelin, the 'hunger hormone', is highest in the morning and causes an increase in appetite. Eating breakfast and other planned, regular meals will help to control the level of this hormone to prevent overeating or uncontrolled snacking.

Cortisol levels are also highest in the morning, as well as during times of



increased stress, both physical and emotional. It is beneficial in that its release stimulates our fight/flight mechanism and gives us the energy required to respond to the impending physical demands by breaking down glycogen, fats and even muscle. However, if cortisol levels remain elevated for too long it can also trigger hunger.

**THE FIVE HORMONES THAT AFFECT WEIGHT ARE: GHRELIN, CORTISOL, LEPTIN, AND THE FEMALE SEX HORMONES OESTROGEN AND PROGESTERONE.**

It is therefore important that you reduce levels of cortisol through regular eating, which will assist in preventing unnecessary weight

gain with missed meals or unscheduled snacks.

Leptin is released from the fat cells to control hunger. It is also responsible for burning stored fat as a source of energy. As such, higher levels of this hormone are beneficial for curbing weight gain temporarily.

Oestrogen release, which varies according to a woman's monthly menstrual cycle, can cause water retention and hunger cravings. Progesterone does the opposite and can lead to a reduction in water retention and increased insulin sensitivity.

# LIFESTYLE INFLUENCERS

**The normal activities of daily life can also affect our weight daily in the following ways:**

1. Excretion of waste over and above the water and salts that we sweat out every day can result in weight fluctuations of between 500g and 2kg.
2. The supplements we ingest can cause water retention. For example, whey protein and creatine affect weight to differing degrees.
3. Weight training causes muscle damage, which is beneficial as it results in the repair and growth of the damaged tissue, building bigger, stronger muscles. However, an increase in water retention in the muscle occurs during the repair phase, which can lead to small fluctuations in weight, which can be more pronounced when bigger muscle groups or multiple muscle groups have been worked.
4. Travelling can cause water retention due to the reduced mobility of the joints and decreased circulation.
5. Smoking cessation and depression directly affect behaviour patterns related to eating, drinking and exercise, which can affect weight gain over a few days.
6. Insufficient sleep and an increase in stress levels can lead to the increased storage of fat. This can also affect behaviour patterns in the same way as smoking cessation.
7. Food sensitivities can cause bloating and water retention due to the inflammatory response of the gut.



## MEDICAL REASONS

The following medical factors can lead to consistent weight gain with no other direct changes in diet, training or behaviour. Any sustained weight gain attributed to any of these factors should be looked into immediately as there may be cause for concern:

1. **Medication** use such as birth control, insulin and certain anti-depressants and beta-blockers.
2. **Thyroid complications** (e.g. hypothyroidism) that lead to a decrease in appetite but reduce your ability to burn fat as fuel, which subsequently leads to weight gain.
3. **Kidney failure, heart failure or liver disease** – signs of stress or strain on any of these organs will lead to fluid retention.
4. **Ovarian disorders** such as cyst formation, ovarian cancer or polycystic ovarian syndrome can lead to fluid retention and a consistent rise in weight.
5. **Body toxicity** – if your body is not absorbing nutrients

correctly, a build-up of acidity and toxins can result. This can affect digestion and bowel function with a subsequent increase in weight.

6. **Pregnancy.**
7. **Cushing's syndrome** – a rare condition where excess cortisol production results in the preferential storage of fat, instead of converting it into usable energy. This commonly increases abdominal girth and overall weight.
8. **Early onset menopause.**
9. **Fatty acid deficiency.**
10. **Poor circulation or blockages** in the lymphatic system.

AT THE END OF THE DAY THE ULTIMATE SUCCESS OF MOST DIETS AND EXERCISE RELIES ON CONSISTENCY.

## REGAIN YOUR SANITY

Clearly there are a multitude of factors that can affect our weight daily. Without a thorough understanding of all the elements at play it can be easy to fall into the weight watcher's trap and make knee-jerk decisions on your diet and prep based on what the scale tells you from one day to the next. This is a sure-fire way to derail your best efforts and will destroy the conditioning you've worked so hard to achieve.

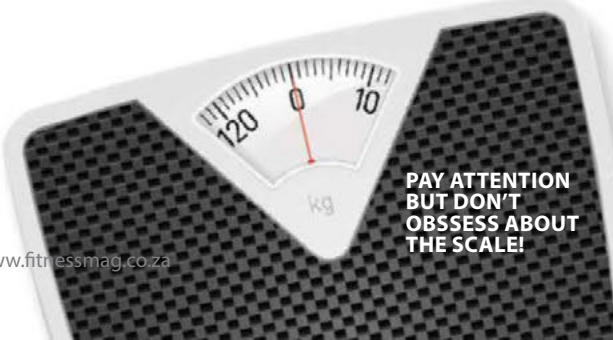
### > Know your body

Accordingly, the better you know your body and how it responds to various foods and supplements, certain

types of exercise, and the hormonal changes you experience, particularly your monthly menstrual cycle, among other factors, the better you'll understand the fluctuations you see on the scale. Just ensure that you don't read too much into them. At the end of the day the ultimate success of most diets and exercise relies on consistency.

### > Put it into perspective

Your weight is just one of a number of factors that needs to be taken into account, in addition to your body fat percentage, activity level, body type, basal metabolic rate, and environmental conditions, to determine the best approach to achieve the ideal outcome come show day. **So don't obsess over it.**



PAY ATTENTION BUT DON'T OBSESS ABOUT THE SCALE!

### ABOUT SARAH HALL

Sarah Hall is a biokineticist and online coach specialising in exercise rehabilitation, running, contest prep and exercise modification. She has been practising for over 10 years, having started her career at the Sports Science Institute of South Africa, before going into private practice, where she has been for over seven years. Her academic and sporting achievements include cum laude honours in B.Sc. Biokinetics, a back-to-back Comrades Marathon medal, and a top 4 placing in every fitness show she has competed in. Her passion lies in correcting the movement dysfunction that leads to injury, adapting exercise to enable continuous training despite injury, assisting athletes in achieving their aesthetic goals, performing medical and biomechanical assessments, and pre- and post-op rehabilitation. She treats and assists athletes and clients from as young as nine years of age. Sarah currently runs a private practice in Sandton, Johannesburg, with a team of biokineticists who work closely with her.





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## INGREDIENTS

- ▶ ½ avocado (pitted and peeled)
- ▶ medium nectarine (pitted)
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- ▶ 10 walnut halves

Add ingredients. Fill the NutriBullet to the max line with spring water or almond milk. Extract and enjoy!

AVO CALORIES	NECTARINE CALORIES	BLUE- BERRIES	WALNUTS CALORIES	TOTAL CALORIES
161	59	41	131	393



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DRINK UP FOR  
YOUR MID-  
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SNACK

**1** Avocados are high in mono- and polyunsaturated fats, which may help reduce blood cholesterol levels and decrease the risk of heart disease.

**2** A 1-cup serving of nectarine provides your body with 2.4g of fibre, 1.5g of protein, 9mg of calcium, 13mg of magnesium and 287mg of potassium.

**3** Blueberries are low in saturated fat, cholesterol and sodium. They're also a good source of dietary fibre, vitamin C, vitamin K and manganese.

**4** A 28g serving of walnuts contains 183 calories of which 153 calories come from healthy fats.

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**105 MINS** WALKING

**46 MINS** JOGGING

**33 MINS** SWIMMING

**54 MINS** CYCLING

Source: [www.calorieking.com](http://www.calorieking.com)

# TRANSFORMING MIND AND BODY FOR A LIFE FILLED WITH LOVE & SERENITY

## TAMMY POTGIETER

**Tammy Potgieter has spent 15 years gripped in a psychological and physical battle with her weight – more than half of her young life. At the age of nine she was already acutely aware of her body and her outward appearance.**

"That was when my body first started to affect my self-esteem. Ever since then I have felt extremely uncomfortable with my body. People would always assure me that I didn't have a weight problem, but when I looked in the mirror I saw the lumps, bumps and rolls that my clothing hid," explains Tammy.

"It's often difficult to understand or convey what it feels like to be a 'skinny-fat' person. Despite what many people saw I always felt like a whale, but no one actually understood because I felt and saw myself like no one else did."

Despite trying various diets and exercise programmes, Tammy would always find herself back at square one, eating as a means to deal with her emotions. "I always felt like I had let myself down having failed to keep all the promises I made to myself. Discreetly eating as much as I could behind closed doors soon began to feel like a dirty little secret I was hiding from the world."

Her unhealthy predilection to binge eating was also putting pay to Tammy's ultimate aspirations of

becoming a fitness model and competitive bikini athlete. "However, New Year's eve in 2013 was

when I finally decided that enough was enough. I knew then that the time had come to finally achieve my dream." Tammy quit smoking cold turkey, after 10 years as a smoker, and formulated a plan of action.

Instead of trying to do it by herself again, which hadn't yielded the results she wanted, Tammy sought help in the form of a well-established 12-week transformation challenge. "In the past I would always use a lack of money as an excuse for being unable to achieve my dream, but this time I found a way to pay for my first Supashape 12-Week Challenge in February 2014. With Cat Buys Rademeyer as my coach I managed to place in the top 10, despite injuring my fingers in an accident with a door. While I didn't win the competition, I finally started to believe in myself and my ability to change."

And Tammy's transformation also began to inspire others, which pushed her to carry on and take her journey further. "That's when I found a coach and started prepping to enter my first bikini competition."

Having previously met respected coach and competitor Louise Van Der Nat, Tammy decided to work with her via Louise's online coaching business. Despite seeing good results initially Tammy soon realised that her ultimate success would require closer supervision, which is when she found someone who could train her one on one.

### TAMMY'S CONTEST PREP DIET:

**Breakfast:** Oats, egg whites and a green apple  
**Mid-morning:** Extra lean mince, quinoa and spinach  
**Lunch:** Ostrich steak and mixed veg  
**Mid-afternoon:** Chicken breast and green beans  
**Dinner:** White fish and green veg  
**After training:** Protein shake

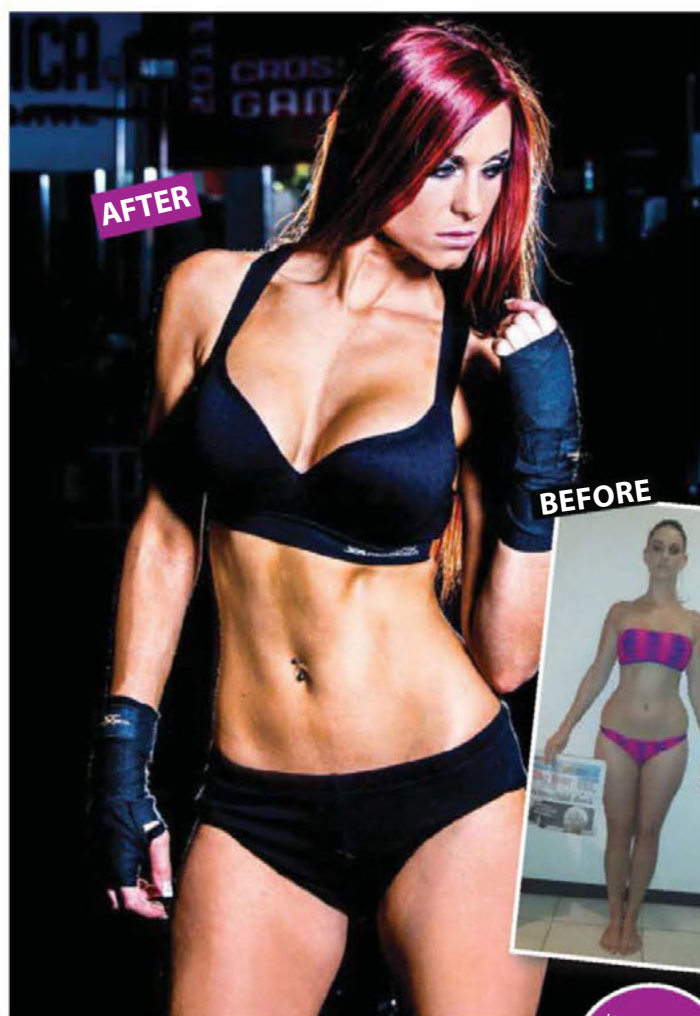


PHOTO BY Marc Dryden-Schofield

"I met Jack Lotter from Sherriff Training Systems (STS) and began training under his guidance." After an assessment with biokineticist Sarah Hall, Jack overhauled Tammy's training programme as it became apparent that she was doing too much cardio. "I wasn't unhappy with that change, and dove into the new weight training regimen. I started working off the STS app on my phone, which told me what exercises I should do each day. It was a great tool as I could refer to it for my diet recommendations and training schedules, with detailed training descriptions and videos as references. I was also able to update and record progress pics, body assessment stats and the weights I was lifting."

### STATS

**Age:** 26  
**Career:** Entrepreneur, beauty business owner, personal trainer and bootcamp instructor  
**Weight before:** 65kg  
**Body fat % before:** 35%  
**Weight after:** 57kg (off-season) and 53kg (in-season)  
**Body fat % after:** 15%  
**Facebook:** Tammy Potgieter-Bikini competitor & model  
**Instagram:** @Missfit\_tj

HER NEW BODY STARTED WITH A 12-WEEK TRANSFORMATION CHALLENGE

### TAMMY'S TRAINING SPLIT:

**Monday:** Legs and glutes  
**Tuesday:** Back  
**Wednesday:** Biceps and triceps  
**Thursday:** Shoulders and abs  
**Friday:** Legs and glutes





**Sadly it wasn't all smooth sailing during this time as Tammy lost her father while she was prepping for her first competition.**

"That proved to be an extremely hard challenge for me as I was an emotional eater and had often turned to alcohol in the past when faced with hardships in life. Since I was following a prep diet at the time it was extremely hard to resist these urges, but I knew I had to. I decided to use the tragedy to help get me through what was the most difficult challenge I had ever faced in my life by using the loss of my father as a reason to push harder and to treat life like the precious gift that it is."

Tammy says that she learnt so much about herself, her capabilities, and about training and competing during this time, and throughout the remainder of the year while training with Jack and the STS team. She eventually stepped on stage at



"GRILLED SALMON IS MY FAVOURITE!"

## FAST FACTS

**Favourite health food dish:** Spicy glass noodle thai salad or grilled salmon.

**Favourite training routine:** I love training shoulders.

**Must-use supplements:** Vitamin C, glutamine, BCAAs, CLA, omega-3 and a quality protein shake.

**Top diet tip:** Always include a healthy protein source in every meal, including breakfast.

the 2014 Rossi Classic in the shape of her life and achieved a top 10, and went on to secure eighth position at Body Beautiful later that year.

"I also had lots of support from a number of other important people in my life during this time. My partner Chase has supported me throughout my transformation and prep, and my family have also been extremely supportive and understanding throughout. I have gained an amazing base of supporters and friends from the shows and on social media, and I'm also privileged to have incredible support from sponsors in the form of Janine Korvesis, Leigh Swanepoel and Suron Abrahams, and Marc and Lisa Schneider from TriFocus Fitness Academy."

This support also gave Tammy the courage to blaze her own trail. "I recently decided that it was time to continue my journey on my own, to see how I could challenge myself and continue to develop with the knowledge and experience I had gained, both from my guided prep and the personal training qualification I had obtained through TriFocus Fitness Academy."

Tammy says that her continued progress is now driven by the feeling of contentment that comes with achieving your goals. "Feeling happy with your body and achieving your dream, despite so many people doubting your ability, is a feeling like no other. This journey has also taught me so much about life. I've learnt that no matter the tragedies, sacrifices, excuses and challenges faced, nothing is impossible with a strong mind and unrelenting dedication to achieving your dream. I now live a life filled with love and sincerity, and I'm more confident and assertive around people. My transformation journey has also given me the opportunity to meet amazing people, which has opened up a world of opportunities for me. I'm now blessed to be in a position where I can help others who are in a similar position to the one I was in. Losing weight and achieving my goals have certainly changed my life."

PHOTO BY Pieter Pieters



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# THE PSYCHOLOGY OF WILLPOWER AND SELF-CONTROL

## MIND OVER MATTER

### 5 STEPS TO STAY MOTIVATED

I've realised from working with numerous clients that many people struggle with applying willpower or having self-control. A growing body of research also shows that resisting repeated temptations takes a mental toll, with some experts likening willpower to a muscle that gets fatigued from overuse.

Should we then just make peace with the fact that it's difficult to maintain self-control and give up before we've started? Of course not! I know from personal experience that it's possible to have enough self-control and willpower to see something through. One of the things I believe has a huge influence on your willpower and self-control is the strength of the reason why you feel you have to apply self-control.

If you have to apply self-control for a diet you're following, ask yourself why are you following the diet? Why do you want to lose weight? This will help you determine the motivation for your action.

#### THERE ARE TWO TYPES OF MOTIVATION:

**INTRINSIC MOTIVATION:** When you are motivated by something on the inside; something that you can derive pleasure and meaning from within.

**EXTRINSIC MOTIVATION:** When you are motivated by something outside yourself. Common extrinsic motivations are rewards (for example money or grades).

In another study done by Mark Muraven, PhD, and colleagues, at the University of Albany, they found that people who felt compelled to exert self-control (in order to please others, for example) were more easily depleted of their self-control than people driven by their own internal beliefs, desires or goals.

I agree with the above research. I know from personal experience that successfully applying willpower or self-control can only be done if you're intrinsically motivated, because extrinsic motivation doesn't last. You need to find something inside yourself that motivates you to change or that motivates you to push through.

The problem with extrinsic motivation, like being motivated to lose weight for a wedding or losing weight to fit into a certain dress, is that people never plan for what they are going to do after they reach their goal. If you want to stay motivated and if you want to keep on applying self-control, you need to find something deep inside yourself that motivates you to change. Intrinsic motivation doesn't have an expiry date.

#### 1. Find purpose

As I said previously, it's our 'why' that will carry us through difficult days or through those days where motivation is lacking. When determining your 'why', or your purpose, ask yourself, 'what drives me? What is my greatest desire?' Purpose gives us energy, focus and perseverance during our most trying times.

"Attempting to make a lifestyle change without knowing the reason you're doing so is like driving to someone's home when you don't have the address. You'd be driving forever without ever reaching your destination. Purpose is what gives you direction and motivation for achievement", says Dr. Jade Teta, an integrative physician, naturopath, and author of the book 'The Metabolic Effect'.

If you have a solid purpose making the necessary changes will be a lot easier. Your true purpose will help you get out of bed early in the morning, will help you pack your meals, and will motivate and sustain you for the long haul.

#### 2. Focus

After determining your purpose and finding your 'why', you should imprint the same beliefs into your unconscious mind by focusing your imagination on exactly what you want. You can do this by using two tools:

##### 1. Purpose visualisation:

Involves imagining yourself doing something that is very closely tied

to your purpose. During purpose visualisation you take the role of a third person, thus you imagine yourself as if you're standing outside your body watching yourself. Try to imagine as detailed as possible – colours, words, faces, smells, shapes, voices – the more realistic the visualisation, the bigger the impact. The best time for you to do purpose visualisation is just before you doze off at night, because then your unconscious mind is most receptive and your conscious mind is less intrusive.

##### 2. Pre-emptive visualisation:

This technique should be done first thing in the morning. It includes playing out the schedule of the coming day in your head, exactly as you expect it to play out; a kind of mental dress rehearsal. This technique is really simple and can be done in the shower or on your way to work.

These simple techniques will help you become more effective the more you use them, because every time you practise them you're creating your new reality.

#### 3. Balanced approach

One of the biggest mistakes women make is trying to follow a diet that is too extreme, or a diet that consists of food they hate, or one that doesn't suit their lifestyle. For you to maintain a diet like this will require a

lot of self-control and, as we've already discussed, willpower can become fatigued from overuse. This also explains why women succeed in following a very strict diet for a couple of weeks, but as soon as they stop or give up they'll eat everything in sight and really struggle to apply self-control. This results in yo-yo dieting, which is very bad for your health.

#### 4. Preparation and planning

Benjamin Franklin famously said: "If you fail to plan, you are planning to fail!" If you want to succeed you need to plan to succeed, and everything that you do has to prepare you for success. One of the biggest reasons why people fail at their plan is because they don't prepare properly.

If you fail to prepare your food for the week, you will need to apply a lot more

willpower and self-control during that time. Planning and preparation takes the think-work out of the equation, because if your meals are packed and ready to go the chances that you'll be tempted to eat something else are reduced. Do yourself a favour and get into a routine of planning and preparing to succeed.

#### HARDER IS NOT ALWAYS BETTER.

Rather choose a more balanced approach. You might lose the weight at a slower rate, but at least you'll be able to maintain the lifestyle, because you will never reach a point where your willpower is completely depleted.






### 5. Make the right choice

After getting all these steps in order, it will become easier to make the right choices, day in and day out. The truth is that making a lifestyle change becomes easier with time, but you will be making choices for the rest of your life. What we choose to eat, how we choose to feel, what we're going to wear, what we're going to do today all come down to simple choices.

And not making a decision is also a choice. The sooner you make peace with this fact, the better, because then you can start aligning your life so that making the right choices will be easier. Many people resist any attempt at scheduling and planning, but doing so is crucial to making successful lifestyle changes.

## PLANNING SUCCESS

"There are several keys to planning and scheduling that need to be understood. Research shows that as much as we might think we humans are good at multitasking, we're not. We perform much better when we have a defined schedule. Being successful at fat loss means more than making the right choice in the moment; it means setting yourself up to make the right choice ahead of time." - Dr. Jade Teta.

At the end of the day you need to know and believe you can do anything you put your mind to. Either you can make it more difficult for yourself, or you can apply these steps and give yourself an even better chance at success. Choose to rather work with your body than against it, and remember that consistency is key. You'll get there eventually, I promise. 

**Making a lifestyle change becomes easier with time, but you will be making choices for the rest of your life.**

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**AT THE END OF THE DAY YOU NEED TO KNOW AND BELIEVE YOU CAN DO ANYTHING YOU PUT YOUR MIND TO.**

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# the look

COMPILED BY Melanie Heyns and Jane Horton

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**W**e live in an era of processed 'fast' and convenience foods, stimulants and high stress levels. These all adversely affect our body's pH balance, and an optimal balance is essential not only for good health, but indeed for life itself.

Our bodies are incredibly adaptive machines, and will ensure that this optimal pH balance is maintained. However, this often comes at a huge cost when trying to rebalance the acidic internal environments that modern living perpetuates, and it is our bones that often come off worst in this process, with our muscles and our metabolisms also adversely affected.

For survival, blood pH is regulated to between 7.35 and 7.45, which means it is therefore slightly alkaline. The pH of skin, urine and other body fluids, however, vary more widely.

BY CAROL ANTHONY,  
owner of Café Raw

# BATTLING BRITTLE BONES



## THE PH BASICS

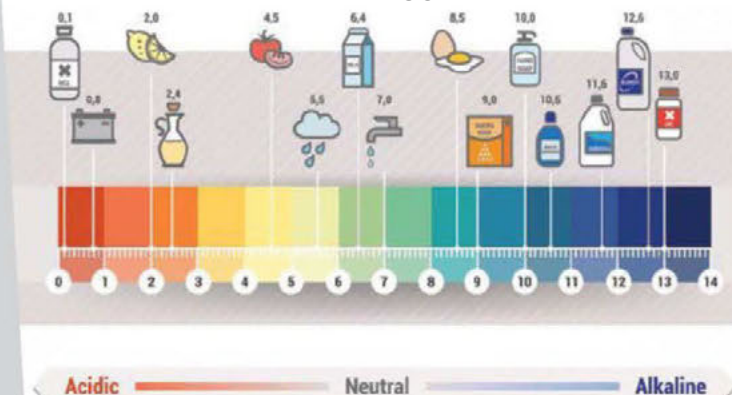
The term pH is an acronym for 'potential for hydrogen' and is the measure of the acidity or alkalinity of a substance. It is measured on a scale of 0 – 14, where 7 indicates neutral, being neither acidic nor alkaline.

### SIGNS OF ACIDITY

The signs of increased acidity are usually not that noticeable. However, the following symptoms are good indicators:

- muscle soreness and fatigue,
- mouth and/or stomach ulcers,
- gastritis,
- acidic saliva,
- sensitive teeth,
- thinning nails,
- dry skin, among others.

### THE PH SCALE



A pH below 7 is considered acidic. A pH above 7 is considered alkaline.

## PH AND OPTIMAL HEALTH

Our bodies function optimally in a slightly alkaline environment. This includes our immune system, various repair and regenerative processes, as well as the action of enzymes. Even our metabolism operates optimally in an alkaline environment.

When the pH of our bodily fluids, digestive system and tissues is pushed out of that neutral zone, health problems quite often result. Some of the more serious consequences of prolonged acidity include:

- chronic inflammation,
- weight gain, obesity and diabetes,
- weakened immunity,
- premature ageing,
- low energy levels and chronic fatigue,
- joint pain, aching muscles and lactic acid build-up,
- slow digestion and elimination,
- osteoporosis, weak or brittle bones and fractures.



## CAUSING IMBALANCES

There are a number of factors that can lead to a more acidic state in your body, including diet, stress and exercise. In terms of diet, most convenience foods do little to balance our body's pH. Protein-rich foods, caffeinated drinks, highly processed 'fast' and convenience foods, refined flours and sugars are all acid-forming foods.

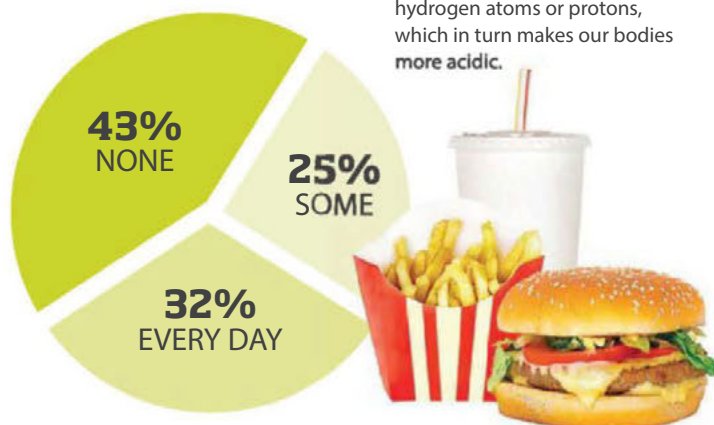
Digesting food with sulphur-containing amino acids, found in animal proteins, produces sulfuric acid as a metabolic by-product. Detoxing, and immune and stress responses can create

substantial acidic by-products too. However, this is a natural process, but due to the excess in which we eat these foods today, and the combination of all the others factors, it all adds up.

However, food is not the only culprit here. Day-to-day activities and the ensuing metabolic processes also produce acid. Molecular fuel used in muscle contractions during intense exercise, for instance, produce a build-up of positively charged hydrogen atoms or protons, which in turn makes our bodies more acidic.

### WE ASKED HOW MANY TAKE- AWAYS DO YOU CONSUME A WEEK?

Via @FitnessMag on Twitter



## SOFT DRINK DRINKERS BEWARE!

A can of soda, or any soft drink, generally has a pH of 2.8-3.2. Our kidneys aren't able to excrete urine with a pH much lower than five without causing damage to the urinary tract.

This neutralisation requires a lot of work from your body. In order to process a can of soda for

excretion in the urine at a pH of 5 or more, it must be diluted a 100-fold. This either means that the body must produce an additional 33 litres of urine, which is impossible as we're never going to drink enough water in a day to produce that much. The only option the body has is to take the corresponding amount of buffering substances from the bones to neutralise the excess acid. This places a huge demand on the body to buffer just one 330ml can of soda. Accordingly, excessive intakes of soft drinks over a prolonged period of time can be very damaging to the body, especially when nothing is done to replace the minerals that are lost in this process.

## THE IMPLICATIONS

Again, it is worth noting that this is all part of a natural process, but due to our decreased consumption of alkalising foods, and the barrage of daily acidifying activities we engage in, we're often left in an acidic state as our body works tirelessly to try and restore balance. Eventually this overwhelms the body, which is when health issues arise.

When our bodies become too acidic, minerals such as potassium, sodium, magnesium and, importantly, calcium are first drawn from the blood, then, if necessary, from tissue like muscle or our vital organs, and our bones, as part of a natural response to buffer the acidity.

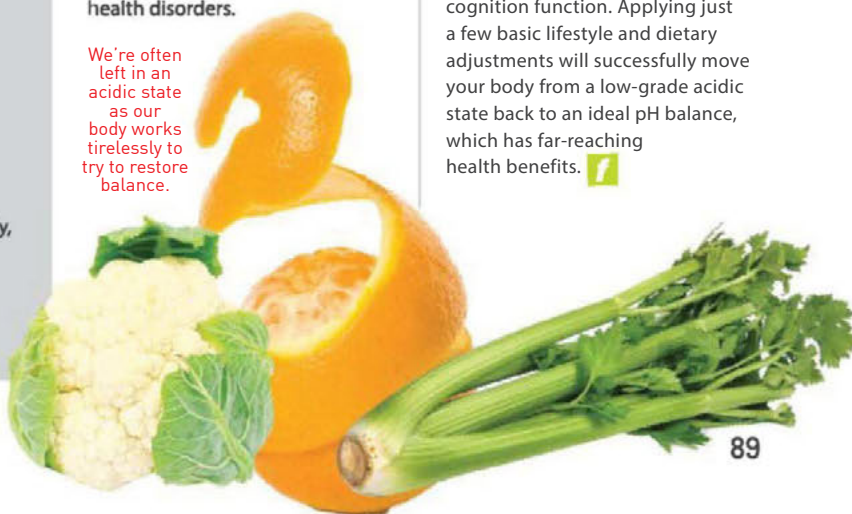
The vast majority of the alkalising mineral complexes in the human body are stored in our bones, where they serve two major purposes:

- they help to strengthen our bones,
- they maintain a reserve of minerals for pH regulation of the blood and other bodily fluids.

When an imbalanced diet of excess animal protein, refined grains, sugar, alcohol and salt, that is also low in vegetables and fruit, is followed over an extended period of time, the body slips into a state of mild acidosis. This state is then exacerbated by chronic stress, excessive exercise, or the wrong type of exercise, and the numerous environmental toxins we're exposed to today.

The longer we spend in this state the more mineral reserves are pulled from our bones to restore the pH balance. This can eventually lead to early-onset osteoporosis, or more severe cases of the condition later on, and other degenerative health disorders.

We're often left in an acidic state as our body works tirelessly to try to restore balance.



## FINDING BALANCE

Adding more alkalising foods to your diet can help to neutralise the extra acid in the body so that buffering minerals need not be pulled from the bones. The following changes to your diet can be very effective in creating a more alkaline environment for your body:

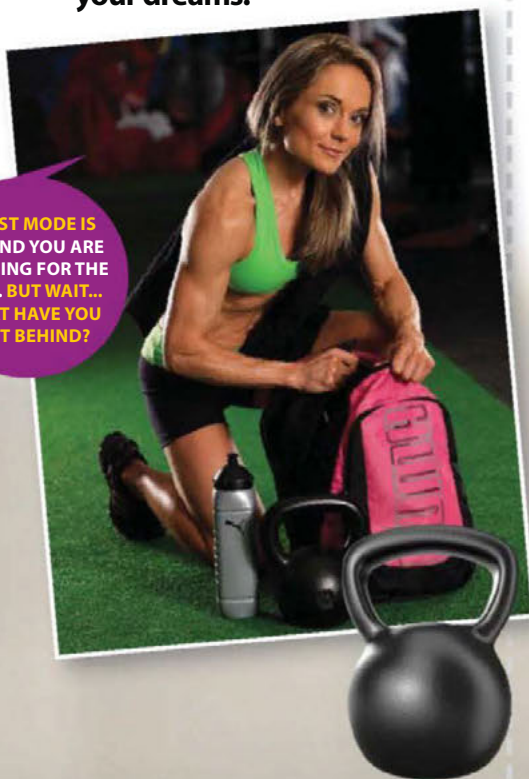
- Increase your intake of **dark coloured fruits and green vegetables**, which are highly alkalising. Aim to eat at least one cup of alkalising vegetables a day, such as spinach, bok choy, kale, collard greens, cos lettuce and micro greens.
- Reduce your intake of protein-rich foods, processed cereals, sugar, flour, tea, coffee and alcohol, which are all highly acidic.
- When you wake up, drink a glass of water with the juice from half a lemon, which is highly alkalising.
- Use primarily olive oil as it is less acid-forming than other vegetable oils.
- Use buffered vitamin C powder; ½-1 teaspoon in water before bed to alkalise your body.

Following these simple guidelines has been shown to reduce calcium loss from bones, which means there will be more of this important mineral for building stronger bones, which is particularly important for older women, rather than fighting acidosis. In addition, these steps will help to preserve muscle mass and improve growth hormone levels which, in turn, improve body composition, memory and cognition function. Applying just a few basic lifestyle and dietary adjustments will successfully move your body from a low-grade acidic state back to an ideal pH balance, which has far-reaching health benefits. **7**

WRITTEN BY Abby Clark

**MOTIVATION LEVELS ARE ALWAYS HIGH WHEN YOU PREPARE TO GET INTO THE BEST SHAPE OF YOUR LIFE. You want to be happy and confident with your body, which means you're ready to take on the challenge and that nothing can stop you from getting the body of your dreams.**

**BEAST MODE IS ON AND YOU ARE HEADING FOR THE GYM. BUT WAIT... WHAT HAVE YOU LEFT BEHIND?**



# THE MISSING LINK TO SUCCESS POSITIVITY

## YOU ARE READY TO GO, BEAST MODE IS ON AND YOU'VE CHECKED ALL THE BOXES:

- ✓ Started the ideal programme to reach your goals, with lots of glute and ab strengthening exercises.
- ✓ Bought a membership at a new gym with state-of-the-art equipment.
- ✓ Hired a great trainer.
- ✓ Got new training gear.
- ✓ Fully stocked kitchen with healthy foods.

Maybe you've even created a vision board with images of female physiques you admire, and pinned fitspo memes like "No excuses", "It's now or never", "Sweat is your fat crying" or "Suck it up now or suck it in later" on your wall.

**B**efore you head off to that first workout there is one thing missing from your list, and it's the most important component of a successful fitness strategy – one that is commonly overlooked. Unfortunately, it is also the main reason women are still unhappy, even after reaching their goals. What is it, you may ask? A positive mindset. Let me explain...

In my 10 years as a personal trainer I have seen many determined women adopt a negative inner monologue as their primary motivator to work out. This is normally from a deep-rooted issue stemming from insecurity and self-doubt. They surround themselves with reasons for why they 'can't' do something, as opposed to tapping into their own strength and discovering their own abilities.

Sadly, it is very common to see women use their workout as a time to punish their bodies and beat themselves down with the voice inside their head, which often tells them that they are worthless, weak or not enough. They keep going, thinking that the negative self-talk is helping to drive them and will magically go away once they lose a set

amount of weight or look a certain way. They keep going with this self-destructive mindset, beating themselves up on the inside and, as a result, they break their bodies and health down steadily over time.

Unfortunately, the negative self-talk doesn't suddenly disappear with a shredded six pack or when round glutes appear. It doesn't go away unless you work from the inside out. You have to train your mind first.

Although it is not shameful to want to improve the way you look, being motivated solely by aesthetic goals in the absence of positive self-talk is not effective, nor is it sustainable. For example, some women will go out to dinner and have a glass of wine and then hit the treadmill twice as hard the following day, thinking that they have to make up for being weak and for 'cheating' on their plan. They need to punish themselves because they think that's what they deserve.

The key is to discover your inner strength and unlock your full potential. As you gain more confidence in your abilities from sustainable training and eating habits you'll be empowered to do more things that make you feel good about yourself while respecting your body, not fighting

## 3 KEY MESSAGES YOU SHOULD TAKE FROM THIS ARTICLE:

**1 FITNESS SHOULDN'T DEFINE YOU:** Working out should add to your life; not detract from it. It is not who you are; it is merely something you do, so your efforts in the gym and the kitchen should never define your self-worth. The secret to finding balance is realising that fitness is simply a part of the broader masterpiece that is your life. Do not surround your life with your fitness goals, rather fit your goals into your lifestyle. If you want to focus on losing body fat then schedule an 8-12 week period to focus on that goal, and then take a break to focus on other aspects of your life or a different goal.

**2 SET REALISTIC GOALS:** A reduction of 0.5% body fat every 2-4 weeks is a very healthy and realistic goal that will encourage a progressive approach and will help develop sustainable training and nutrition habits.

**3 BE PRESENT:** Find peace with who you are right now. You will not find balance or self-love once you look a certain way, trust me. You need to find it now, then everything else will fall into place with time. List 10 qualities about yourself that have nothing to do with your body and put it on your vision board. Take down the bodies of other women and post pictures from times that you were most healthy and happy. Every time you do work out remind yourself that it's because you're absolutely head over heels in love with



# "TRANSFORM YOUR MIND AND YOUR BODY TO GUARANTEE SUSTAINABLE SUCCESS."

## YOU TOO CAN BECOME A REAL-LIFE SUPERWOMAN.

No matter how much you work out, the type of plan you follow, or the trainer you've hired, if you don't train your mind then you will be stuck in a vicious cycle of yo-yo dieting and abusive training. You need to free yourself from the cycle of self-destruction.

## TRAIN YOUR MIND

There are a few ways that you can turn that negative voice down, and eventually off, while turning your positive self-love voice up. Cut out monologues like "I feel fat", "I can't have that piece of cake because that would be another kilometre of running", "I will feel so much happier if I could just be (leaner, thinner, smaller, prettier, etc)", "now I have to workout twice as hard because I cheated on my

diet", or "I wish I looked like (famous celebrity, model, or even fellow gym goer)".

**These type of comments serve no purpose to you. Drop them immediately and replace them with positive statements like:**

"I am strong and I am fully capable."

"I am a woman; do not mistake my kindness for weakness."


"I am beautiful just the way I am."

"I am more than this body."

"I am going to work out because I love my body and it adds to the quality of my life."

"Fitness and proper nutrition teach me how to value my body, not abuse it."



your body and that you respect it. Do not treat it as a form of punishment. You're enough just the way you are. You are more than your body, so much more. Your husband, children, family, and friends all love you for more than your body, and so should you. 

## You can't live a positive life with a negative mind.





## SOUTH AFRICA 2015

### LADIES FIGURE 35+

1st – Genevieve Botha



**VENUE:** BIG TOP ARENA, CARNIVAL CITY, BRAKPAN  
**DATE:** SUNDAY 14 JUNE 2015

**F**ans screamed as the cream of South Africa's physique athletes strutted their stuff on the spectacular stage at this year's World Beauty Fitness and Fashion (WBFF) South Africa extravaganza, held at Carnival City in eastern Johannesburg on Sunday, 14 June 2015.

One wouldn't expect anything less from a production and spectacle of this scale, with a stage uniquely designed to accommodate a view from all angles. History was made with the first round stage ever at a WBFF show, ensuring judges could judge accurately and spectators could clearly view athletes in all their glory. This ensured the hard work of all athletes was fully

displayed as the conditioned, glamorous bodies at the biggest fitness and fashion event this side of the equator strutted their stuff. With every step fans could see brand new WBFF professionals in the making.

The show's new title sponsor, leading global supplement manufacturer USN, also pulled out all the stops to ensure the weekend was something to remember for athletes and fans alike. The show certainly lived up to its billing and was everything everyone imagined it would be and more!

After countless months of hard dieting and extreme training athletes now had the chance to bag trophies and earn that sought-after pro card, which would catapult them to the next level. A total of nine pro cards were awarded on the evening.

The drop dead gorgeous WBFF Pro World Champion and

### LADIES FIGURE – SHORT

1st – Chanté Minnie PRO



### LADIES FIGURE TALL

1st – Chantel Kelly PRO





**DIVA BIKINI MODEL 35+**

1st – Sonia Matos

**DIVA BIKINI MODEL – SHORT**1st – Le Ché  
Hendry PRO**DIVA BIKINI MODEL – TALL**1st – Carla  
King PRO**1 MALE MUSCLE MODEL**  
1st – Wiltord Nyaruviro  
PRO**2 DIVA FITNESS MODEL 35+**  
1st – Chantal van  
Loggenberg**3 DIVA FITNESS MODEL – SHORT**  
1st – Jenadine Havenga  
PRO**4 DIVA FITNESS MODEL – TALL**  
1st – Jana Perdijk PRO

internationally acclaimed fitness model Andreia Brazier made plenty of new followers as she set the tone for the evening with a jaw-dropping appearance on stage.

It was then time for all the contestants competing in the seven categories to shine as they walked into the limelight. It was clear from the start to all present that all the competitors had risen to the occasion and were in the best shape of their lives. As such, the only difference between winning and losing would be the level of stage presence, charisma and determination each competitor could deliver to reign supreme.

The first line-up of the evening was a new category – the transformation division. The eight contestants showed that through persistence and dedication it was possible for anyone to lose weight no matter what

your circumstances. The five most inspiring athletes in this new division were Katy Brand, Sophia Strydom, Karen Grabe, Johanka Smit and Ben van der Westhuizen, who all qualified to go to Las Vegas in the US where the WBFF World Championships will be held on 14th and 15th August.

Female models then took to the stage in the Diva Bikini Model divisions, all in peak condition, to battle it out for the top spots. In the Diva Bikini Model Short Class the incredible physique of a confident Le Che Hendry earned her first place and a pro card. The voluptuous Simone Cardoso was awarded second place after edging out Sarah Hall.

In the Diva Bikini Model Tall Class Carla King earned her pro card with a well-deserved first place.

Arina Knipe came second and Wendy-Lee Uys bagged the last podium spot.

In the highly contested Ladies Figure Short category pro status was awarded to the classy Chante Minnie. She was overwhelmed with emotion after the judges announced the final outcome. Genevieve Botha came second and Enid Ferreira third.

In the Ladies Figure Tall division it was the alluring Chantell Kelly, nicknamed 'Wonder woman' by her fans and family, who emerged as the winner, with Samantha Hanna in second place and Zelda van Greuning third. Kelly also earned her pro card.

Sonia Matos, winner of the Diva Bikini Model 35 Plus section, brought the conditioning required of any athlete to compete at this level and nabbed the title from Isobel van den Bosch (2nd) and Chantal Eshelby (3rd).

Mirrie Linton had to settle




for the runner-up spot in the Diva Fitness Model 35 Plus with Chantal van Loggenberg taking the honours in the division. Lorette Louw finished third.

One of the show's best proportioned athletes, Jenadine Havenga was richly rewarded for her conditioning, stage presence and confidence with a victory in the Diva Fitness Model Short category and a pro card. Elso Viljoen was second ahead of Chantal van Loggenberg in third.

Jana Perdijk was also awarded with a pro card after winning the Diva Fitness Model Tall division, leaving Ciemone van der Venter as runner-up and Tarryn Jarvis in third.

Robyn Ashleigh Irwin, Rualize van Rensburg, Ashlynn

Russell, Marijke Maritz and Kirsty O'Connell made the top five in the Commercial Modelling section, also earning them the right to travel to Las Vegas for WBFF Worlds.

Congratulations to all the athletes, sponsors, organisers and owners of the WBFF SA for running such an excellent show and giving deserving athletes a world-class platform to showcase their talents. If the WBFF SA 2015 is anything to go by in terms of sheer enjoyment and professionalism the next show will be even bigger and better. There was also a hint from founder Paul Dilleat that the WBFF World Championships might be held in South Africa in 2016, so watch this space. 

#### TRANSFORMATION DIVISION

Karen Grabe



#### FEMALE COMMERCIAL MODEL DIVISION

Rualize van Rensburg



This Brazilian beauty is a three-time WBFF World Champion in the Pro Diva Fitness division. For workouts, eating guidelines and more visit [andreiab.com](http://andreiab.com) or [AndreiaBrazierModel](https://www.facebook.com/AndreiaBrazierModel) on Facebook.



Jenadine Havenga graces our cover!

About  
Andrea  
Brazier

#### RESULTS

##### Ladies Figure 35 +

Genevieve Botha  
Samantha Hanna  
Enid Ferreira

##### Ladies Figure Short

Chante Minnie  
(Pro card awarded)  
Genevieve Botha  
Enid Ferreira

##### Ladies Figure Tall

Chantell Kelly  
(Pro card awarded)  
Samantha Hanna  
Zelda van Greuning

##### Male Fitness Model

Jesse Pretorius  
(Pro card awarded)  
Marco Araujo  
(Pro card awarded)  
Tiaan Barnard

##### Diva Bikini Model 35 +

Sonia Matos

Isobel van den Bosch

Chantal Eshelby

##### Diva Bikini Model Short

Le Che Hendry (Pro card awarded)

Simone Cardoso

Sarah Hall

##### Diva Bikini Model Tall

Carla King

(Pro card awarded)

Arina Knipe

Tarryn Jarvis

##### Male Muscle Model

Wiltord Nyaruviro

(Pro card awarded)

Marius Potgieter

Francois Beya

##### Diva Fitness Model 35 +

Chantal van Loggenberg

Mirrie Linton

Lorette Louw

##### Diva Fitness Model Short

Jenadine Havenga

(Pro card awarded)

Elso Viljoen

Chantal van Loggenberg

##### Diva Fitness Model Tall

Jana Perdijk (Pro card awarded)

Ciemone van der Venter

Tarryn Jarvis

##### Transformation division

Karen Grabe, Ben van der Westhuizen, Sophia Strydom, Johanka Smit and Katy Brand

##### Female Commercial Model division

Rualize van Rensburg, Marijke Maritz, Ashlynn Russell, Kirsty O'Connell and Robyn Ashleigh Irwin

Results and spelling as supplied by event organisers. **fitness** magazine takes no responsibility for incorrect information or misspelt names.



REPORT BY Werner Beukes, Deputy Editor  
PHOTOGRAPHY BY Soulby Jackson  
www.skjphotography.co.za

# 2015 ROSSI GRAND PRIX

## A fitness and beauty extravaganza

**F**ans brought down the house – in this case an opera house – at one of the largest independent shows on the calendar, the Rossi Grand Prix. The vocal appreciation fans had for their favourite athletes was befitting of the level of talent on show at an event that can only be aptly described as an extravaganza of fitness, beauty and inspiring body transformations.

With a record number of over 320 entrants descending on the Pretoria State Theatre on the weekend of 23 May the show was bound to be a humdinger from the start. The extravaganza ran smoothly with regular 30-minute breaks between the marathon divisions. This gave spectators ample time to browse the extensive fitness and nutrition exhibition outside the theatre while they waited for their favourite athlete to step on stage. This also gave fans the opportunity to mingle with athletes and ask for autographs or get those sought-after selfies for their next social media update.

Among the outstanding female performances on the night, the shapely Bianca van Rensburg claimed the Overall Bikini title after winning the Miss Toned Bikini under 1.65m division.

The lovely Monique Lopes was clearly over the moon when she was crowned Miss Bikini Model in the Under 23 division. Jessica Lovett won

the highly competitive Miss Beach Bikini division, while the superbly conditioned Odette Hudson claimed the top spot ahead of Zea Meyer (2nd) and Anchen Fouche (3rd) in the Miss Toned Bikini Over 1.65m line-up. The lovely Chandre Jeppe won the Miss Bikini Under 18 category, and a classy Vivian Goosen nailed her condition in true style, earning first place in the Toned Bikini 35 and 45 years plus categories.

In one of the most highly anticipated and popular divisions of the evening, the Most Inspiring Transformation, Johanka Smit's amazing story secured her the title in the female category. She won R10,000 in cash and a year-long sponsorship and endorsement deal with Pure Nutrition Technology worth over R24,000. Carrie-Ann van Heerden was the runner-up in the female category, which also secured her a one year product sponsorship and endorsement deal from Pure Nutrition Technology.

The Rossi Grand Prix was a true extravaganza of showbiz glitz and quality, with the main focus on bringing out the best in the athletes competing in the different divisions. This was all made possible by the generous support of the event sponsors. Says event founder and organiser, Marco Rossi, "a special thanks to all our proud sponsors for their continued support of the Rossi Grand Prix and their contribution towards the growth of bodybuilding and fitness in South Africa."

MISS TONED BIKINI O/1.65M  
**ODETTE HUDSON**



MISS FIGURE U/1.65M  
**JUNE ODENDAAL**



MISS BEACH BIKINI  
**JESSICA LOVETT**

MISS TONED BIKINI U/1.65M  
**BIANCA VAN RENSBURG**



## RESULTS

### Overall winner:

1. Bianca van Rensburg
2. Monique Lopes
3. Anri de Jongh
4. Jessica Lovett
5. Miss Bikini u/18
1. Chandre Jeppe
2. Gabi Barras
3. Anja Spies
4. Miss Beach Bikini
1. Jessica Lovett
2. Chantelle Gey Van Pittius

### 3. Wendy-Lee Uys

1. Bianca van Rensburg
2. Lee Chaldecott
3. Sarah Hall
4. Miss Toned Bikini o/1.65m
1. Odette Hudson
2. Zea Meyer
3. Anchen Fouche
4. Miss Toned Bikini 35 Plus
1. Vivian Goosen
2. Bernadine Schwartz
3. Mia Raad

### Miss Toned Bikini 45 Plus

1. Vivian Goosen
2. Most Inspiring Transformation
1. Johanka Smit
2. Carrie-Ann van Heerden
3. Miss Figure u/1.65m
1. June Odendaal
2. Vivian Goosen
3. Mia Raad
4. Miss Figure o/1.65m
1. Samantha Hanna
2. Hendryette Marais
3. Susan Penberthy
4. Miss Figure 40 Plus
1. Samantha Hanna
2. Miss Bikini Open u/1.65m
1. Chante van Wyk
2. Stacey-Lee Shutte
3. Wendy-Lee Uys
4. Miss Bikini Open o/1.65m
1. Monique Lopes
2. Shelley Naughtin
3. Margie Viljoen
4. Miss Bikini 30 Plus
1. Joanie van Niekerk

### THE SPONSORS



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WBFF FITNESS DIVA PRO

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